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She's so Now

Victoria's secrets

Cripes, Victoria Beckham's had a busy old week! Ask anyone about her NYFW show and chances are they'll mention the models: 'Stick-thin, miserable...' Twitter got very cross. 'My collection is for all shapes and sizes,' says VB. 'I want women to feel their best.' But you know what makes us feel our best, Mrs B? A healthy body. Confidence. And nice clothes.

Handily, we have 162 style buys for every budget and body shape on p56 to get you started, plus enter our comp to WIN £2,000 of New Look

vouchers on p18.

So that's your wardrobe sorted!

Gilly Ferguson,
Style Content Director

cover photos: CameraPress, INF Photo, Rex, She's So Now photo: PA



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Look,
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Hot
trends,
p59

REVLON
MATTE BALM

This week's *Love* *juice*

Who's **dating**, **mating** and **hating**

Kylie's got a toyboy!

Kylie Minogue & Joshua Sasse

After more than her fair share of heartache over the years, Kylie recently admitted that she wouldn't mind dating a 'balding, grey man with a paunch' because choosing blokes that are 'too good-looking' is where she's been going wrong. But now it seems 47-year-old Kylie has done something of a U-turn – she's bagged herself another hot toyboy, half her age!

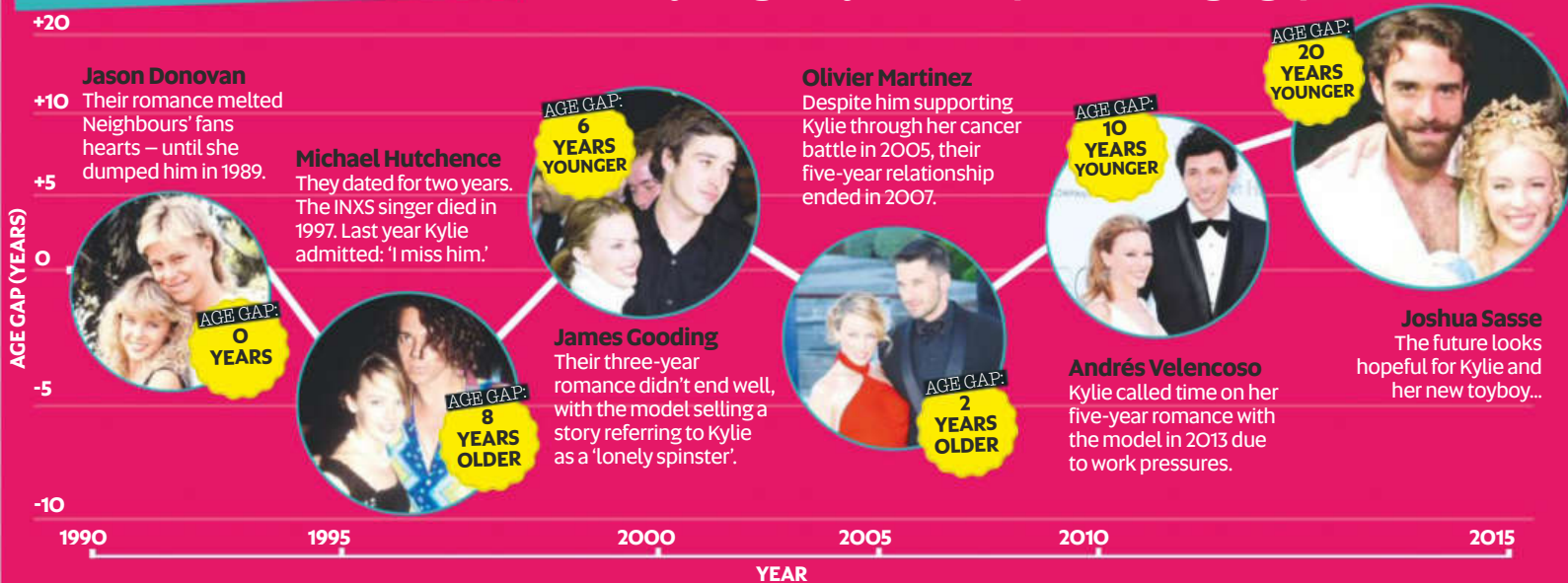
Although she hasn't made it official, the pint-sized pop star has been spotted cosying up to 27-year-old actor Joshua near her home in London. The pair met on set of US musical comedy series *Galavant*, in which Kylie is guest-starring, and seem to have instantly hit it off. Although the 20-year age gap may turn a few heads – as will Josh's similarity to Michael Fassbender – we say you go, girl!



Will she be So Lucky this time?

All the lovers...

Older or younger, Kylie's had quite a few age-gap romances



Lily Cole & Kwame Ferreira

Congrats to Lily, 27, and Kwame, 36, on the birth of their first child Wylde! The model shared a poem about her 'extraordinary' arrival.

Hopping up

LOVE ladder



Nathalie Emmanuel & Skepta

Game Of Thrones's Nat, 26, has reportedly been enjoying some quality time with rapper Skepta, 32.

Cooling off



Rebel Wilson & Mickey Gooch Jr

Rebel, 35, has reportedly split with her fella Mickey, 29, after 'seeing the relationship going nowhere'.

Kavana & Neil Ely

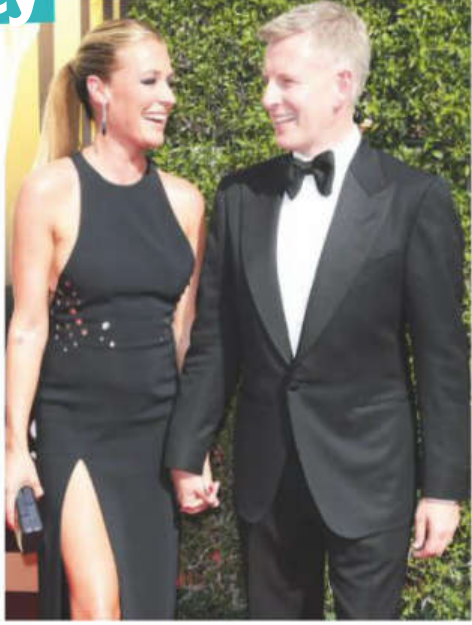
Kav, 37, won't be making his ex fiancé Neil feel good any more – he's called things off.



Pregnancy style

Cat Deeley & Patrick Kielty

After announcing her pregnancy last month, Cat, 38, promised she's not 'going to get mumsy', joking: 'I'm wearing my highest Christian Louboutins this week.' It seems she's sticking to her word – she looked sensational at the Creative Arts Emmys in LA last week, wearing a Thierry Mugler dress and heels, with hubby Patrick, 44, by her side.



Ellen goes public

Ellen Page & Samantha Thomas

After coming out on TV in 2014, Juno actress Ellen, 28, made her red carpet debut with girlfriend Samantha, 35, last week at the premiere of her film Freeheld. The smitten star couldn't help but gush about the romance, admitting: 'I'm in love.' She added: 'Walking down the carpet holding my girlfriend's hand is pretty special. It's pretty awesome.'



Crush corner

RICHARD MADDEN, 29

He hit the headlines after a Twitter spat with Cara Delevingne, but frankly that's just an excuse for us to pop a topless shot of Game Of Thrones and Lady Chatterley's Lover hunk Richard on here! That chest!



Pre-prison PDA?

Johnny Depp & Amber Heard

With his wife Amber, 29, currently facing up to 10 years in prison and a fine of £48,000 for illegally smuggling her two pet dogs into Australia on a private jet, 52-year-old Johnny seems to be making the most of every minute together if this snap from the premiere of his new film Black Mass is anything to go by.



COVER
STORY

'I never w
let Harvey

I don't
want
be a failure

As her disabled son reaches his teenage years, the mother of five opens up about the daily fears and challenges she faces

Behind her headline-grabbing Pricey persona, it's easy to forget the incredible challenges Katie Price faces day in, day out with her eldest son Harvey. The 13-year-old was born with multiple disabilities including blindness, autism, ADHD and Prader-Willi syndrome.

Harvey's dad is Katie's footballer ex Dwight Yorke, 43, but he's believed to have only met his son on a handful of occasions. Katie's said little about

Dwight but has commented: 'All I can say is he's really missing out on a very special little boy.'

**'HIS
DAD'S
REALLY
MISSING
OUT'**

Now has witnessed first-hand the devotion between Katie, 37, and her five children. Along with Harvey, she has 10-year-old Junior and Princess, eight, with ex Peter Andre, and Jett, two, and one-year-old

Bunny with husband Kieran Hayler. She's had plenty of mud thrown at her, but one thing's for sure – she's a devoted mum dedicated to her brood.

While Kieran and Katie's

TURN FOR MORE ➡➡



Katie first learnt of her son's disabilities when he was six weeks old

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There's more to life than hair but it's a good place to start



'HE'S A BIT KEVIN & PERRY!'

👉 mum Amy help, for most of Harvey's life she's almost single-handedly cared for her son and prioritised him above all others – even herself. Like a lioness protecting her cub, she's the first to jump to her son's defence, whether it's calling out comedian Frankie Boyle, who made cruel jokes about him, or Katie Hopkins, who said: 'There's a fat parent behind every fat kid.'

Katie's hit back: 'If either of them had to deal with the issues Harvey does every day, they'd just give up.' But after turning 13 this summer, Harvey now faces the added pressure of becoming a teenager on top of his existing challenges. An emotional Katie admits her biggest fear is letting her eldest boy down...

How difficult is it day-to-day?

I'm used to it. I don't know any different. Take everything else out of the equation – take out my job, the men, my other kids – just me and Harvey on his own is a challenge, but I'm very laid-back and that makes a difference. I just love him and wouldn't change

Katie and Kieran have their hands full with (from left) Junior, Harvey, Bunny, Jett and Princess



anything about him. Nothing.

How did you feel when you first discovered Harvey had medical problems?

When he was born he was normal – nothing wrong with him. Only when we did his six-week tests, [the doctor] said: 'I'm afraid it's not good news. Your son is blind.' We sat there like: 'Oh, what

happens now? What do we do now?' They said there was nothing to do. You've got to get on with it.

He has quite a list of conditions, but Prader-Willi syndrome must be particularly hard to deal with?

He's on the autistic spectrum – he's got communication and behavioural issues. He's also compulsive about routines.

Nothing must disturb Harvey's ordered world or there's hell to pay. But with the Prader-Willi, he wants to eat, eat, eat and if you're not looking he'll steal food. And obviously he's a big boy anyway because of his thyroid, but the Prader-Willi affects his behaviour because everything's about food. Everything. He's on medication six times a day. If he doesn't take it he could die.

How is it getting harder as he gets older?

He's hitting that teenage stage so he's a bit Kevin & Perry. He'll have the hormones on top of his behaviour. He's just getting a bit moody, but he's on new medication. He rules the house – but I like the fact he's naughty because he has character.

Some parents would find it overwhelming. Is that why you're so open about the struggles you have with him?

It's good to let people know that you shouldn't be afraid or scared if you have a child with

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✦ disabilities. I like to show other parents that it's hard work but that you can still do things. I can see how people would find it challenging but I'm a very patient person. Number one, he's my son – I love him.

What's it like being a mother of five?

I love the chaos, madness and stress. I love the responsibility of all of my kids. They love me, I love them – the unconditional love of having children. It's hard work and it's for ever. But I don't ask for sympathy or anything.

Do the other kids sometimes have to sacrifice your attention because Harvey's your priority? How do they feel about that?

If my kids want to go to a theme park or something, Harvey doesn't want to go because he can't get in the car, so then it might ruin their fun. Like, sometimes Junior wants me to watch him play football on a Sunday but I can't because Harvey doesn't want to go. Junior understands that I can't make Harvey go – he'll smash the car up when I'm driving. But then I don't want to leave Harvey

with someone because I don't want to be a failure.

Does it ever feel like it's too much for you to handle?

I won't do respite care with him yet – I just don't want to feel like I'm letting him down while I go and have fun with the others. People tell me that so many parents use respite to have a break with their kids and it's normal. But I won't do it because I don't want to leave him [starts crying]. He wouldn't like it.

'I LOVE THE CHAOS, MADNESS AND STRESS'

What does it feel like to see the horrible comments about him on social media?

People say stuff about Harvey like: 'Look at your fat,

black, dribbling kid,' and things like that. And I just think: 'Why would you say that to a child who can't defend himself?' Things like that really piss me off. That's such an ignorant view. If those people had to deal with the issues that Harvey faces every day of his life, they'd just curl up into a ball and give up. I want to write back but I have to hold my breath and bite my tongue because that's what they want me to do – react.

What are Harvey's conditions?

PRADER-WILLI SYNDROME:

This rare genetic condition means Harvey's constantly hungry, will eat to excess and is very food-motivated.

SEPTO-OPTIC DYSPLASIA:

Causes Harvey's partial blindness.

ATTENTION DEFICIT HYPERACTIVITY DISORDER:

He has a short attention span and is difficult to control.

OPPOSITIONAL

DEFIANCE DISORDER: Can make him uncooperative, defiant and hostile.

AUTISM: Will affect his social interaction, communication and behaviour.

LIMITED PITUITARY GLAND:

He's unable to produce all the hormones people need.

DIABETES INSIPIDUS:

This means Harvey feels constantly thirsty.

CONTROL DEFICIENCY:

Makes it very hard to cope with stress or any sudden surprises.

NYSTAGMUS: Causes his eyes to roll.

Mum's the word

Proud Katie loves to share cute pics of her much-loved brood on social media



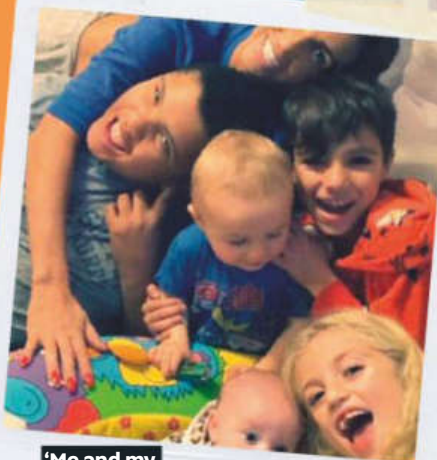
'I can't ever have enough cuddles with my Harvey – love him sooo much'



'Afternoon cuddles with my gorgeous Harvey'



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'Me and my beautiful babies'



'My gorgeous babies Harvey and Jett'



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Niall & Louis' WILD 72-HOUR BENDER

What happens in Vegas doesn't always stay in Vegas

with Bieber!

One Direction star Niall Horan must be nursing a pretty epic hangover after he joined his celebrity mates for a three-day party marathon in Las Vegas to celebrate his 22nd birthday last week. Hot from 1D's final gig at the Gillette Stadium in Boston, where there was a definite 'end of term' feel in the air, the boys celebrated the end of the US leg of their On The Road Again tour, as well as a precious week off.

Niall kick-started the proceedings by serenading the crowd with a rendition of Taylor Swift's 22, before jumping on a plane to Las Vegas – where he'd also had his 21st – with four pals from Ireland as well as bandmate Louis Tomlinson, 23. Former bandmate Zayn Malik, 22, was nowhere to be seen and nor were Niall's fellow 1Ders Liam Payne, 22 – who chose to spend his days off with girlfriend Sophia Smith in Malibu – and 21-year-old Harry Styles, who took in a round of golf in L.A.

But that didn't stop Niall and dad-to-be Louis teaming up with Justin Bieber to enjoy 72 hours of partying in Sin City, where sleep didn't exist and the drink flowed til the wee hours. Brace yourselves...

The hotel complex has multiple pools, a casino and the über-cool XS and Surrender clubs



DAY 1 Let's get this party started!

Niall, Louis and the boys check in to the five-star Encore Hotel and head straight for the pool... where the booze starts flowing!

That night, the boys catch David Guetta at a pool party at XS Nightclub. Niall goofs around in a giant Guetta mask and knocks back shots in the VIP

area with celeb mates DJ Diplo and Justin Bieber. They cheer when the DJ dedicates Dancing Queen to Niall. Our insider says: 'Niall kept saying: "That was f***king funny." He bought the DJ a beer because it made him laugh.' Niall also requests LMFAO's Party Rock Anthem.

Despite his fractured foot, he still manages to throw some shapes.

When the party ends at 5am, there's no time for sleep. Surrounded by his pals and security, they head to the casino where they gamble 'til the sun comes up.

Looks like Niall forgot to change out of his PJs for the pool party



First stop for Louis: pool and beers



Niall gets his David Guetta face on with the man himself



DAY 3 Veuve Clicquot spray-up

Another night, another party! This time they head to Surrender Nightclub at the Wynn Hotel, where the whole group pile into the DJ booth with Lil Jon, who's hosting the night. The rapper gifts Niall with a baseball cap and mocks his broken foot saying: 'You've got a really big Nike trainer on there!' He then demands someone bring Niall a chair.

But Niall isn't about to sit down and joins in spraying champagne over his pals and the crowd. Then, with one almighty hangover, he finally hits the sack before flying back to the UK to prepare for the British dates of 1D's tour.

Best b-day pressie ever? A baseball cap from Lil Jon

We hope Niall's mates thought to bring some Berocca for the birthday boy...

DAY 2 Girls, gigs and a beer with Enrique

After a wink of shut-eye, the lads hit the pool again, immediately surrounded by excited girls. Single Niall seems to love the attention but Louis, who's expecting a baby with Briana Jungwirth, isn't interested.

That evening, rather than hitting the clubs, the boys watch Enrique Iglesias at Caesars Palace. Enrique joins them afterwards for drinks and they're up late gambling again.

More pool and beers!

Bad boy Bieber joins the gang

NIALL WORKS THE FLOOR

He didn't let his fractured foot get in the way of the revelry

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NOW'S AUTUMN/WINTER EDIT

Here's what Now's Glam Squad think you should buy from New Look this season...



WATCH!

Now's Glam Squad go wild in the aisles at New Look and share their autumn/winter 2015 shopping tips at nowmagazine.co.uk/fashion-news

Now
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Junior Style Content Writer Sarah Bradbury, 26:

Need a new season coat? From camel-coloured macs to the hottest suede style of the season, New Look has them all. Button-down skirts are currently trending in my wardrobe and with plentiful picks in cord, cotton, suede and denim, my sartorial needs are satisfied. Yippee! When it comes to accessorising I'm all about the love-forever tote – and I'm happy to report New Look have nailed that for me, too.



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Style Content Director Gilly Ferguson, 32:

This is why New Look wins best in shoes time and time again. Truth be told, I got giddy and couldn't choose between about six styles – I can definitely grow more feet, right? Day-to-day I tend to get ready in a hurry, but a formula of 60s shift + boots is foolproof. Not only is it all-weather (in your face, rain), it feels 'timelessly chic' minus any effort whatsoever.

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**Freelance Style
Editor Lydia
Thompson, 31:**

The best thing about
New Look? Its new
autumn/winter items

flow so fashionably alongside each other – meaning you can pick all the items you love, safe in the knowledge that when you get home your wardrobe will be lovely and matching. My hot tip is to snap up some of the gorge faux fur. From stoles to pompoms, they luxe up an outfit. And this tea dress is the ultimate in day-to-night dressing.



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Fearne feels 'blessed' following the birth of her second child

Fearne's 'euphoric' water birth!

The star praises hypnobirthing for her 'natural, pain-relief free birth' with daughter Honey

Any pregnant woman who's watched One Born Every Minute will worry about the potential horror of giving birth, so it was reassuring (and maybe somewhat surprising) to hear Fearne Cotton share with fans her 'euphoric' experience of a pain-free labour with new baby Honey.

Fearne opted for the popular hypnobirthing method, which uses self-hypnosis, relaxation and breathing techniques to aid labour.

Posting a picture of affirmation cards, Fearne thanked her hypnobirthing teacher Hollie

Stroud for her guidance, saying: 'Love my YES MUM cards from @theyesmummum who brilliantly guided me through hypnobirthing before my big day. Having a natural pain-relief-free birth was the most intense and euphoric experience ever.'

The 34-year-old, who gave birth on 9 September, added: 'My first birth was a different story so I've experienced varying sides of birth and glad for both. Although all we want is a healthy baby I think we should remember how amazing

the female body is and the strength of a woman. Obviously there's no right or wrong birth and they can be magical in many ways. I just feel blessed to have had this experience.'

London Hypnobirthing founder Hollie, who taught Fearne at her home, spoke to

The star posted photos of thank you cards she and son Rex had made



Now exclusively to reveal Honey was born 'peacefully' by water birth. 'Fearne had quite a challenging birth with Rex [now two]. It was really long and it was difficult so she didn't want it to be as gruelling again,' she said. 'It was a much shorter labour with Honey – in the pool, no pain relief.'

And Fearne – who's married to rocker Jesse Wood, 38 – carried the relaxed vibe into life post-pregnancy, spending time crafting with her son just five days after giving birth. 'Up with Rex making thank you cards. #art #nerds,' she told fans on Instagram.

Find out more at Hollie's website at londonhypnobirthing.co.uk/ or follow her on Twitter and Instagram @theyesmummum

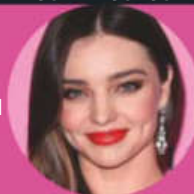
It just popped out!

So, giving birth is hell, right? Not for these celebrity mums it wasn't...

MIRANDA KERR, 32

The Victoria's Secret model used hypnobirthing when Flynn, her son with Orlando Bloom, was born in 2011.

'I made a decision I wanted to do it naturally. I made a plan. I [was] determined to do it without pain medication,' she explained.



JESSICA ALBA, 34

Jessica said hypnobirthing helped her through the delivery of her daughter Haven. 'It makes you chill. I was freaked my first time going into labour, like: "What if I panic? What if... I'm not prepared for it?" This just prepares you,' she said.



GIOVANNA FLETCHER, 30

McBusted's Tom's wife had a positive experience using hypnobirthing with their son, Buzz, describing it as 'amazingly powerful'. 'I felt like I'd taken every drug known to man – I clearly hadn't,' she said. 'The other thing that surprised me was the impact it had on our son. He was calm from day one.'



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All the news, none of the snooze

X Factor EXCLUSIVE!

BRODIE SLAMS 'S***' SHOW AND 'BORING' FUDGES!

He sailed through to boot camp after receiving four yesses at his first audition, but X Factor judges may soon regret putting through Brodie Kelly, 18. Now has exclusively uncovered a series of shocking posts made by the potential pop star between 2011 and 2013 that slated the 'shit' show and attacked Cheryl Fernandez-Versini and Simon Cowell.

Brodie first Tweeted: 'I always question why I watch xfactor, it's shit' during series nine – the year his cousin Jaymi Hensley's band Union J came fourth – before posting 'cant wait for The Voice...finally something decent on TV'.

He also branded Cheryl 'boring' and said he'd rather 'look at a poster

of her' than watch her on The Jonathan Ross Show in 2012. Around the same time he pondered: '[I] bet Simon Cowell get loads of p***y'. Brodie also made a lewd sexual remark about Rita Ora.

Brodie is now ashamed and apologetic over the posts, which are sure to come as a shock to his thousands of young fans. A friend tells Now: 'Brodie's very embarrassed by these Tweets, which were posted three years ago when he was 15.

'These aren't views he still holds and he's hugely appreciative

of the opportunity that's been given to him by The X Factor. He wants to apologise to anyone he's offended with these comments.'



Brodie Kelly
@MrBrodieKelly
Cant wait for the voice tonight. finally something decent on tv.



Brodie Kelly
@MrBrodieKelly
Cheryl cole is so boring, id rather just look at the poster of her on my wall



Brodie Kelly
@MrBrodieKelly
yaaaaaaay XFACTOR..... lol joke its shit!



Brodie Kelly
@MrBrodieKelly
wouldn't mind a bit of Rita Ora #F Meeeee

TURN FOR MORE

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Hot fuzz!

Harry's beard sparks love war

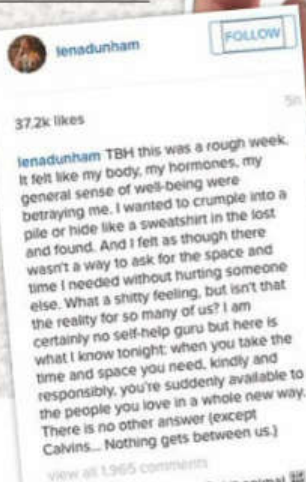


His Royal Hotness Prince Harry unveiled a faceful of gingeriness on his 31st birthday last week at Goodwood Aerodrome for an event to mark the Battle of Britain – and it seems to have got his exes' knickers in a right twist. The Prince has reportedly hung out with both Chelsy Davy, 29, and Cressida Bonas, 26, even partying at a London pub with Cressy on his birthday – a day after it emerged she had split from actor Edward Holcroft – sparking rumours of a reunion. But which lucky lady will bag the bearded Prince? Place your bets now...

Insta-therapy

LENA LAID BARE

Girls star Lena Dunham made an emotional post on Instagram after a 'rough week'. Lena, 29, posted this very candid photo of herself, encouraging fans to 'take the time and space' they need after having a week that left her feeling like she wanted to 'hide'. Let's hope the usually sparky star feels better soon.



Rugby royalty

WORLD CUP WAGS

The 2015 Rugby World Cup is in full swing. So while you're cheering on your team, check out some of the WAGs who should be on your radar...



WHO: Chloe Madeley, 28
BOYFRIEND: James Haskell
DATING SINCE: 2014
Chloe and James met after exchanging flirty messages over Twitter and bonded over their love of fitness. Chloe says: 'He's one of the best people I've ever met.'



WHO: Ellie McKeating, 21
BOYFRIEND: Richie Gray
DATING SINCE: 2011
Ellie represented Scotland in Miss World last year and is soon to become Mrs Gray after Richie popped the question earlier this month. Aww.



WHO: Sophie Harries, 22
BOYFRIEND: Liam Williams
DATING SINCE: 2014
Welshman Liam's super-hot girlfriend is a model with campaigns for Aquascutum and Gina Bacconi under her teeny tiny belt.

Five a day

Give yourself a food facial

New research could have you chucking out your foundation and refilling your make-up bag with mixed veg. Experts say by eating more vitamin-enriched foods, we too can contour our face. You hear that, Kardashians and Jenners of the world? So let us break it down for you before you go nuts with your next food shop... **Oysters** are great for firming skin as they boost elasticity. **Spinach** is great for your cheekbones. It strengthens



Get contours like Kim K's!

the tissue below and helps slow skin's ageing process. **Tangerines** are packed with vitamins A and C, which help zap acne and rebuild the skin. **Broccoli** keeps neck wrinkles at bay and protects against UV radiation. **Avocados** are amazing for the complexion – Joan Collins swears by them and eats one every day!

Kim, last week

What it's REALLY like Kim Kardashian maternity wa

Celeb
Kim K

Pregnant mum vlogger Lauren Hampshire puts the star's ridiculous

Kim Kardashian's outfit choices have left us baffled over recent weeks. Despite being six months' pregnant with her second child, the reality star, 34, is still squeezing her growing bump into tight leather minis and tottering around in thigh-high boots – both uncomfortable at the best of times. Add to that hot flushes, a squashed bladder and occasional waves of nausea and we're left wondering how Kim keeps her cool. It certainly doesn't look as though she'll be opting for baggy T-shirts and maternity jeans any time soon...

But could your average pregnant lady survive a day in Kim's look?

Cue Lauren Hampshire, 32, a parenting vlogger from Kent, who's five months pregnant with her second baby and is keen to see if she can spend a day dressed like Kim.

The outfit

I usually wear stretchy maternity jeans and baggy jumpers, so layering on a leather miniskirt, tight poloneck, cape and thigh-high boots is a total change. Putting on the boots is a challenge in itself – I can't bend down far enough to pull them up. And, as soon as I put the skirt on, my tummy feels squished and there's pressure on my bladder. Uh-oh!

Our
tester
Lauren

CHALLENGE 1: GOING FOR A WEE

Going to the toilet isn't easy in this skirt – it takes me far longer than usual and it's quite frustrating. It involves a lot of manoeuvring, making sure the cape doesn't fall down the loo! The skirt's almost impossible to get over the bump and it's even harder to get it back up over my tummy. I'm left exhausted after my toilet trip and it's taken nine minutes just for a wee!

Readjusting the tight skirt after a toilet trip takes an age

to wear ian's rdrobe

outfit to the test



CHALLENGE 2: THE SHOPPING TRIP

Bending to get things from low shelves is hard enough when you're pregnant, but in this skirt I feel like I'm constantly knicker-flashing. My baby bump is restricted and my tummy's starting to feel sore. After lunch my bump looks bigger and I feel even more restrained – there is no give for indulging pregnancy cravings in this skirt. I'm dreaming of my comfy clothes. People have been giving me weird looks too, staring at me like I'm a crazy lady.

CHALLENGE 3: ON A PACKED TRAIN

I'm absolutely boiling on the train and this poloneck isn't helping – it covers my neck, arms *and* body. Thankfully it's black so it disguises my horrendous sweat patches. I usually wear cardigans so I can take them off when I get warm.

My feet are really sore in these boots too, not helped by the fact that my heel got stuck in a grate. Going up the escalators is especially hard and I'm feeling fairly paranoid that people can see up my skirt. I have to keep yanking it down with one hand!

I desperately need a wee again, too. There's just no give at all with this skirt and it's making the baby weigh down heavily on my bladder.

To top it all off, as I come out of the station, I drop my keys on the pavement. In a bid to squat down and pick them up, I actually fall over. The final straw comes when a white van man beeps his horn at me.

Enough is enough! Get me back in my comfy jeans, *now!*



Dropping keys and navigating the escalators proves hazardous!

The verdict?

I've felt so self-conscious in this outfit. The top of the skirt's been cutting into my stomach and it's got worse during the day. Kim deserves a medal, although she probably just has to walk to a car and back. For an everyday mum, it's not very practical so unless they make a maternity version, I'll steer clear of leather skirts and the poloneck is far too warm. But I might keep the cape and boots just to make myself feel good!

Check out Lauren's Youtube channel, Lauren Hampshire: Chatty Mum. Lauren also vlogs for Youtube community Channel Mum

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WORLD OF



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Little Mixer
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WING SUNDRIES

Ooh, what have the stars been shopping and sharing this week?

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Hollywood

The hottest news from over there is in here

Now

I love a curly tail

I love to hog the limelight

MILEY HAS AN NBF...

George Clooney!

With a 33-year age gap, you wouldn't have thought that George Clooney, 54, and Miley Cyrus, 22, had much in common. But their

mutual love of swines has brought them together! George's beloved pig Max died in 2006 and Miley has a pet pig called Bubba Sue. 'George loves being around

pot-bellied pigs but his wife Amal doesn't want one in the house,' says our source. 'George saw Miley's pig on her Instagram, so he knew where to go to get his pig fix.'

Miley shows off a whole lot of pig

TAYLOR'S TERRIFYING MOMENT

Taylor Swift panicked when an alarm went off just as she was about to go on stage in Texas. Tay, 25, posted a video of herself looking worried and saying: 'A fire alarm is going off in the stadium and we don't know what to do.' One of her team adds: 'Put some damn clothes on!' to which Taylor replies: 'I have a robe on.... I'm covered.' Thankfully it was just a false alarm.

Tearful Taylor captures her panic on video

Jen & Gwyn: girl code

After her split from husband Ben Affleck, Jennifer Garner, 43, has a new gal pal - Gwyneth Paltrow, also an ex of Ben's! Sources say Gwyn, 42, told Jen how brave she was for getting out of an 'unhappy situation'. Gwyn has gushed over how beautiful and hilarious Jen is, saying: 'I really like her a lot.' Girls rule, boys drool!

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5
Second
Stories



Kaley's husband Ryan loves her super-fit shape

WE'RE CUOCO OVER THE BIG YOGA THEORY!

Big Bang Theory star Kaley Cuoco-Sweeting has spilled the beans on her exercise regime, revealing she owes her amazing body transformation to doing yoga five times a week. The actress says: 'I've never worked so hard in my entire

career.' Kaley, 29, also admitted to having to change her eating habits after trying to keep up with her tennis player husband Ryan Sweeting, 28. It's not all salads and sweating though – she still treats herself to the odd pizza and beer.

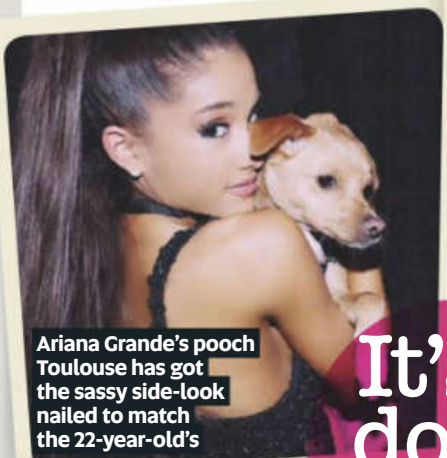


Amy's camp curls

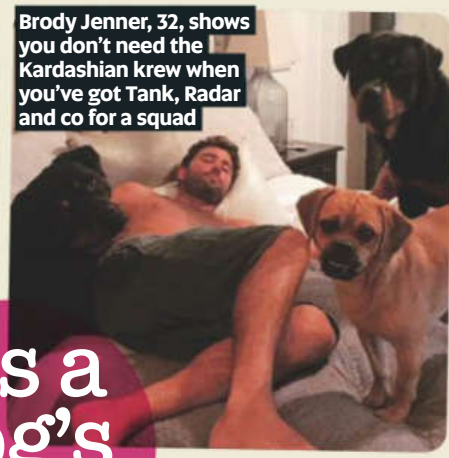
Amy Schumer, 34, may be the coolest and funniest woman in Hollywood but as her recent Throwback Thursday post on Twitter revealed, it wasn't always that way. Pictured at a summer camp wearing cute curly pigtails in her hair, Amy doesn't look best pleased. The comedian sarcastically captioned it: 'Guess I was really into camp.'

Still Friends

They were both up for Emmy Awards in the comedy category this year, but it seems there's no rivalry between former Friends co-stars Lisa Kudrow, 52, and Matt LeBlanc, 48. 'That uncontrollable laugh she has kills me,' says Matt. Cute!



Ariana Grande's pooch Toulouse has got the sassy side-look nailed to match the 22-year-old's



Brody Jenner, 32, shows you don't need the Kardashian crew when you've got Tank, Radar and co for a squad

It's a dog's life



Who needs weights? Dwayne 'The Rock' Johnson, 43, just lifts his French bulldogs Brutus and Hobbs



Modern Family's Sarah Hyland, 24, and her fluff monster Merial could join the circus with this balancing act!



J-Lo's barcode wardrobe

Jennifer Lopez has revealed she has a bizarre barcode system for her wardrobe that allows assistants and housekeepers to help the 46-year-old keep track of what she wears and when. God forbid she's seen in the same outfit twice!

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Instapix of the week

Fun, filtered and far too revealing
— the lives of the stars
on social media



BRONZED BEAUTIES

Joey Essex celebrated girlfriend Charlotte Stuchfield's birthday – and body – in this Dubai beach snap.

TALENT SCOUT

Brooklyn Beckham proves watching all those models at his mum's NYFW show is very tiring.



WE'RE ALL EARS!
Mariah Carey had a great day at the zoo with her four-year-old twins – daughter Monroe even tried out some very large ears.



MUMMY MIX

Who knew Perrie Edwards' mum was so hot! If ever Little Mix need a stand-in...



BUM-THING TO TELL US?

Kylie Jenner posted this provocative shot of her shapely derrière as she launched her new website.





How Pro put bac

'PEOPLE
WANT OUR
MARRIAGE
TO BE DARK'

Now Millie and Professor Green celebrate their love week together



Now's Amy Brookbanks meets Pro on his anniversary to hear why his marriage is 'stronger than ever'



It's been a wild few years for Stephen Manderson, AKA chart-topping rapper Professor Green. There have been No 1 hits, a book and an Insta-perfect life with his wife, ex-Made In Chelsea star Millie Mackintosh. But it hasn't exactly been plain sailing...

'F***ing annoying... she's so f***ing annoying,' Pro, 31, is talking to Now about Millie. But it's fine, he's joking. Honest! Today's their second wedding anniversary, but instead of

spending it with Millie, 26 – who's at the gym – he's agreed

to sit down for an interview with Now.

After greeting us with a hug, we grilled a softly spoken Pro on – you guessed it – his marriage.

And despite *everything* we know, Pro says we've got them all wrong. Whatever has happened in the last two years, today he's adamant they're 'stronger than ever,' and that despite the drama, their marriage was 'never at risk'.

Reports they were on the rocks first hit the headlines four months after they married when Millie changed her name on social media from Manderson back to her maiden name. Pro took to Twitter to deny rumours it was over, but as they were reportedly only seen out together twice in six months, the gossip didn't stop.

Last month, Millie attended a wedding where sources claimed she was upset her husband hadn't even turned up. And then last week, during what turned out to be the most emotional week of his life promoting his autobiography *Lucky*, Pro admitted 'we had marriage counselling' and a day later broke down on live TV while discussing his dad's suicide.

But despite all that, the real stinger came the day after, on the morning of their second wedding anniversary, when Pro admitted on Kiss FM he'd forgotten all about it, saying: 'Oh... it's actually my second wedding anniversary today. I'll have to go and buy her a present.' Finally, he sets the record straight with Now...

Hi Pro! So how are you celebrating your two years of marriage?

We're going to our favourite Italian restaurant and then we both have work tomorrow. So it won't be a heavy one, definitely not. I've got a cold anyway.

What's the truth about your marriage – is it really as bad as reports suggest?

I don't understand what the fascination is with my marriage. People want it to be tormented and dark – they want it to be troubled. Maybe that's what they have in their lives?

So you haven't had blazing rows?

No! When we read that story we were in Amalfi, where we went on honeymoon, for Millie's dad's 60th. We were

being soppy revisiting all the places we'd been on honeymoon and drinking loads of wine and eating loads of pasta – well, you can never eat too much pasta – and we saw Tweets saying: 'Oh my God please don't be true!' and we were like: 'What's not true? What the f***?'

So there was no big argument?

If there was, someone would have spoken about it publicly. I know what it's like – I used to read things and thought it was the truth but it's not always.

TURN FOR MORE ➡

Pro's advice to couples...

Go to therapy. It's not a bad thing to do – it's good for anyone. Life is stressful enough and sometimes it's nice to talk to someone who's completely removed and can see what's going on because they understand the workings of the mind. The couples thing – I guess it's knowing what to put on your partner.

'WE WERE NEVER AT RISK'

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So what really goes on behind closed doors in your marriage?

Box sets! We're both addicted to box sets. Dog walks. Roast dinners. We both love food and cook a lot. It's a pretty healthy relationship.

OK, but what about your marriage counselling?

I have therapy for my own wellbeing and Millie sees the same therapist. We've sat down together with a therapist, but it's not for marriage counselling because our marriage was never at risk of being lost. It's just easier for a therapist to explain to Millie why I'm feeling certain things because I can't tell her – it gets lost between us because we're so close to each other. And I don't want to burden Millie with my problems. I have my therapist explain to her why I get how I get and why I might get down and it makes so much more sense coming from her than from me.

Would you say therapy's helped your marriage?

Yes. The fact I separate my problems from Millie means it doesn't get in the way of our relationship. We have a stronger relationship because of it.

Has there ever been a time when you thought your marriage might be over?

No, no, no, no, no. Not at all, never. It wasn't like... The therapist was never explaining why I argue with Millie or anything like that – it was about my depression and I don't want to bore Millie with it. She wants to understand. It's really difficult to say things in the right way that can be understood, but our therapist is f***ing brilliant at it.

Is that Dr Linda Papadopoulos?

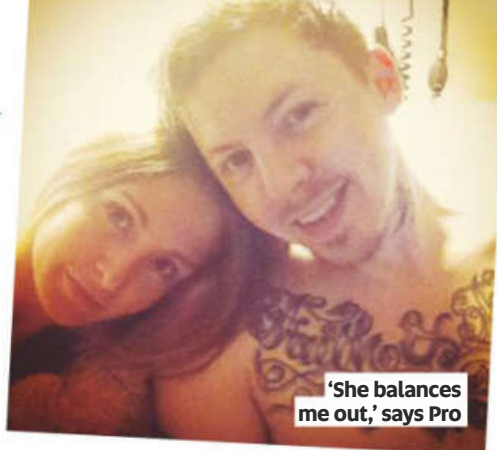
Yeah. I would have been much happier with no one knowing, as it made me feel almost embarrassed about going.

You shouldn't – you've made it OK to get help.

Well, exactly. I couldn't believe the positive feedback. I was overwhelmed. There were so many backhanded compliments it was f***ing hilarious! One guy said: 'I'm going to be honest, I thought you were a prick before but now hats off to you. I still don't like your music though!'

What's your marriage really like?

F***ing annoying... she's so f***ing annoying. No, do



you know what? It's what it always has been – it's ours.

Would you like things to stay more private now?

Yeah. I speak about it in my book but it's more about meeting Millie and the effect that had on me as opposed to every little detail about our relationship, which I just think doesn't need to be said.

What's Millie done for you?

Well, she's an eternal optimist, isn't she? I used to say I was a pessimist but I think I'm more of a realist. She stops me from going too far that way and I stop her from veering the other way. We balance each other out.

You're a sociable couple though. Who's the bigger party animal?

To be honest, more often than not I've stopped going out. I can't be bothered! If we have a drink

people say we get plastered – it's always so exaggerated.

Why do you think people see you as so rock 'n' roll?

Well, I can be rock 'n' roll... I have nights that would make Pete Doherty shit himself [laughs]! It's so weird – I can't get my head around it. So I don't try.

We love the pranks you play on each other on Instagram.

What's your favourite one?

Probably the one where we got engaged. We went to Paris to see [designer] Riccardo Tisci. I said: 'Do you want to come, Mills?' And then I proposed. That was a pretty bloody good prank!

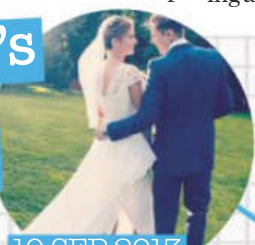
You got a tattoo that says Lucky after you were stabbed in the neck – despite everything, we do think you've been very lucky.

Yeah. Good. Thank you. You're the only ones to say it. All anyone else asks me is: 'So why are you so lucky?' I'm like: 'I don't know.' No, I definitely was lucky and that's what I want people to take away from the book. I'm lucky to be here and to be happy. Yeah, I'm very fortunate.

Pro Green's book Lucky (£20, Blink Publishing) is out now

Photos: Rex

The couple's highs and lows



10 SEP 2013

They tied the knot in Frome, Somerset, after a six-month engagement



JAN 2014

Millie shot down split rumours just four months later with this pic on Instagram



JUL 2015

They relived their Amalfi 'moon while there for Millie's dad's birthday



DEC 2011

The moment Pro Green spotted Millie on the cover of FHM, he got hold of her number and asked her out



NOW

Together at his book launch, the pair look as loved-up as ever



SEP 2015

...but smitten Pro posted this pic, showing they're still very much together!



LATE AUG 2015

She went solo to the V Festival while Pro went on a lads' day out, sparking even more break-up rumours...

MID-AUG 2015

Millie's highly emotional state at a friend's wedding sent the rumour mill into overdrive





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to J-Lo, here's where
celebs sit on the
scales



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**TAYLOR &
KENDALL**
Who weighs
more?

WHAT
THE STARS
REALLY
WEIGH



**KOURTNEY
KARDASHIAN**

AGE: 36 **SIZE:** 6 **HEIGHT:** 5ft
WEIGHT: 7st 3lb

She took a photo of scales showing she weighed 116lb after the birth of her third child Reign but recently lost a stone after splitting with Scott Disick. Kourtney weighed around 6st 7lb before having her children.

**VICTORIA
BECKHAM**

AGE: 41 **SIZE:** 4-6 **HEIGHT:** 5ft 4in
WEIGHT: 7st 8lb

Her waist is reported to be 23in, meaning she has to have 24in jeans tailored to fit. 'You know, I eat very healthily,' says Victoria. 'I eat lots of fish, vegetables, and fruit. I work out every day, six or seven days.'

LUCY WATSON

AGE: 25 **SIZE:** 6 **HEIGHT:** 5ft 6in
WEIGHT: 7st 8lb

Vegetarian Lucy works hard to keep weight on. 'I have a trainer who works with me twice a week but I don't do any cardio because I lose weight too quickly,' she's told Now. 'I have to eat quite a lot – I have the metabolic age of a 12-year-old!'

**CHERYL FERNANDEZ-
VERSINI**

AGE: 32 **SIZE:** 4-6 **HEIGHT:** 5ft 3in
WEIGHT: 7st 8lb

Family stress is said to be the reason for Cheryl's tiny frame. 'The body shaming has to stop. It's bullshit,' she said. 'Some people are naturally thin.' She may not diet, but Cheryl works out using the Tracy Anderson Method.



SAME WEIGHT
AND HEIGHT!

KATIE PRICE

AGE: 37 **SIZE:** 6 **HEIGHT:** 5ft 4in
WEIGHT: 8st 4lb

Keen horse rider Katie has snapped back into shape after each of her five pregnancies. 'My normal weight is 8st 4lb,' she's told *Now*. 'I'm healthy in the day, but I can't stay away from biscuits at night. I still have a chicken korma on a Friday.'

TAYLOR SWIFT

AGE: 25 **SIZE:** 6 **HEIGHT:** 5ft 10in
WEIGHT: 8st 5lb

Forget cheat days – Tay has cheat weekends! 'During the week, I try to eat healthily – salads, yogurt and sandwiches. No sugary drinks,' she says. 'But on the weekends, all bets are off. I love a burger and fries and I love ice cream so much.'

KENDALL JENNER

AGE: 19 **SIZE:** 6 **HEIGHT:** 5ft 10in
WEIGHT: 8st 5lb

Kendall has a supermodel body – her secret is 12 cups of Kusmi detox tea per day and a Paleo-style low carb diet. She works out four times a week with trainer Gunnar Peterson. 'I'll run to a gym and get on the treadmill,' she says. 'I do abs work and planking.'

MICHELLE KEEGAN

AGE: 28 **SIZE:** 8 **HEIGHT:** 5ft 4in
WEIGHT: 8st 5lb

Newlywed Mich works out three times a week. 'I'll concentrate on arms or legs... If it's a legs day I do squats, lunges and kick-backs; if it's an arm day I'll use free weights,' she says. Michelle sometimes has Soulmatefood meals delivered, which cost £165 per week.

TURNFORMORE ➤➤

WHAT
THE STARS
REALLY
WEIGH



RITA ORA

AGE: 24 **SIZE:** 6-8 **HEIGHT:** 5ft 5in
WEIGHT: 8st 6lb

She does spin classes and ballet-based Barrecore. 'I don't work out every day, but I try to do as much as I can because the thing is I love to eat so, you know, you have to balance it out,' Rita says. She loves fresh coconut and seaweed crisps.

RIHANNA

AGE: 27 **SIZE:** 8 **HEIGHT:** 5ft 8in
WEIGHT: 8st 7lb

Ri-Ri works out with personal trainer Harley Pasternak five days a week. 'Rihanna prefers to run on a treadmill. She likes to do a lot of cardio to keep her weight down, including jumping jacks, stationary jogging, rope skipping and cycling,' he says.

OLA JORDAN

AGE: 32 **SIZE:** 8-10 **HEIGHT:** 5ft 2in
WEIGHT: 8st 7lb

Strictly professional Ola has lost over a stone just by training for this year's show. She's anti-diet but says: 'I don't have protein and carbs together - I have them separately. There's a whole system that I follow. I guess it's a lower-carb diet.'

CHLOE MADELEY

AGE: 27 **SIZE:** 10 **HEIGHT:** 5ft 7in
WEIGHT: 8st 8lb

Chloe runs fitness website fitnessfondue.com and works out six days a week. 'I eat clean, natural foods like fish, chicken, fruit and veg and wholegrains like oats, sweet potato and nuts,' she says. 'But when I come off my diet, I come off it!'



CHARLOTTE CROSBY

AGE: 25 SIZE: 8 HEIGHT: 5ft 6in WEIGHT: 8st 9lb

After losing 2½st, she's swapped pints of Baileys for a healthy lifestyle and says: 'I'm really proud of my hard work getting in shape. But I'd like to tone up my bum a bit more. And I can't get enough of cheese!'

JENNIFER LOPEZ

AGE: 46 SIZE: 8 HEIGHT: 5ft 5in WEIGHT: 9st

J-Lo works hard to keep in shape. 'I do my workouts with the Tracy Anderson Method,' she says. 'Sometimes when I get home and I'm not feeling so great, I make myself go to the gym. Then I come home and feel great about myself.'

ROCHELLE HUMES

AGE: 26 SIZE: 8 HEIGHT: 5ft 8in WEIGHT: 9st

Preferring to work out every other day, Rochelle says nuts are her secret weapon. 'I also drink lots of water,' she says. 'I've always had an hourglass shape. I never weigh myself. I'll snack on cake and crisps – or fruit and nuts if I'm being good.'

KATIE HOPKINS

AGE: 40 SIZE: 10 HEIGHT: 5ft 8in WEIGHT: 9st

Having put on – and lost – 3st for a documentary, 'anti-fat' Katie practises what she preaches. 'I run about seven miles three times a week for an hour,' she's told Now. 'I don't love food. It's just fuel for me to keep going. I just graze throughout the day.'

WHAT
THE STARS
REALLY
WEIGH



BINKY FELSTEAD

**AGE: 25 SIZE: 8 HEIGHT: 5ft 7in
WEIGHT: 9st 2lb**

'My trainer has told me to eat lots of food containing vitamin E, so at the moment I'm trying to eat spinach with most meals and have almonds as my snack,' Binky says. 'That also keeps my energy levels up throughout the day.'

KHLOE KARDASHIAN

**AGE: 31 SIZE: 10 HEIGHT: 5ft 10in
WEIGHT: 9st 3lb**

Khloé's lost 2½st and trains with Gunnar Peterson five days a week. 'About two years ago I decided to turn to fitness as a form of therapy and as a stress reliever,' she says. 'And I've cut out soda completely.'

JENNIFER LAWRENCE

**AGE: 25 SIZE: 8 HEIGHT: 5ft 9in
WEIGHT: 9st 5lb**

Dr Joe Horrigan got Jennifer in shape for The Hunger Games with 'body weight squats, push-ups and sit-ups'. Yoga fan Jen says: 'I eat like a caveman. I'm never going to starve myself for a part.'

LAUREN GOODGER

**AGE: 29 SIZE: 10 HEIGHT: 5ft 6in
WEIGHT: 9st 7lb**

With her target weight 9st 2lb, just 5lb away, Lauren – who works out five times a week – says: 'I feel so much more confident about how I look. It's the best I've felt for a long time. I'm not trying to look skinny – I want to look fit.'

**HOLLY HAGAN**

AGE: 23 SIZE: 8 HEIGHT: 5ft 2in
WEIGHT: 9st 8lb

Six workouts a week helped Holly lose weight. She says: 'I try to keep things simple. I'll have eggs or porridge in the morning and then I'll pre-pack a lunch with chicken and veg or salad.' She's also a fan of Protein World shakes.

**FERNE MCCANN**

AGE: 25 SIZE: 12 HEIGHT: 5ft 8in
WEIGHT: 10st

After tearing two ligaments in her leg this summer, Ferne went up a dress size, telling Now: 'I've never been bigger but I've never felt better. I'm the fittest I've ever been – I can run further and train longer. I like feeling fit rather than thin.'

**JOSIE GIBSON**

AGE: 30 SIZE: 10 HEIGHT: 5ft 11in
WEIGHT: 10st 8lb

Having lost 6st in 2012, Josie's kept it all off and now runs her own successful weight loss site Slimmables. She's told Now: 'I've fluctuated a bit. Ditching sugar and having one cheat day a week has meant I'm able to stick to a plan that really works.'

**SERENA WILLIAMS**

AGE: 33 SIZE: 10-12 HEIGHT: 5ft 9in
WEIGHT: 10st 9lb

Having won Wimbledon for the sixth time this summer, Serena says: 'I don't touch a weight. I'm already super-fit and super-cut and if I even look at weights I get bigger. For years I've only done Thera-Bands [used in resistance exercises] and things like that.'

TURNFOR MORE ➤➤

WHAT
THE STARS
REALLY
WEIGH



AMY SCHUMER

AGE: 34 SIZE: 10 HEIGHT: 5ft 7in
WEIGHT: 11st 4lb

Comedian Amy's proud of her curves and refuses to diet, Tweeting: 'I'm a size 6 [UK 10] and have no plans of changing. This is it!' She added: 'It's very therapeutic for me to be like: "I'm not going to look like a malnourished bird."'

MELISSA MCCARTHY

AGE: 45 SIZE: 18 HEIGHT: 5ft 2in
WEIGHT: 13st

Having lost around 3st, the Bridesmaids star says she's in the best shape of her life. 'I feel amazing. I finally said: "Oh, for God's sakes, stop worrying about it," and it may be the best thing I've ever done,' she says.

REBEL WILSON

AGE: 35 SIZE: 18-20
HEIGHT: 5ft 3in
WEIGHT: 14st 10lb

'I do eat healthily for a week and then I go, nah, they have these beautiful ice-cream sandwiches,' Rebel says. 'I don't think my emotional eating is ever going to change. I just am who I am.'

GEMMA COLLINS

AGE: 34 SIZE: 18 HEIGHT: 5ft 9in
WEIGHT: 18st

Yo-yo dieter Gemma recently lost 3st on a £5,000-per-week month-long retreat run by 'juice master' Jason Vale. Determined to drop from a size 20 to a 14, Gemma's now on track. 'She realises crisps are the cause of the problem,' says Jason.

Now

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Ever since they shot to fame on Channel 4's Gogglebox, 'posh couple' Steph and Dom have kept us entertained with their laugh-out-loud one-liners while quaffing a variety of beverages from their well-stocked drinks cabinet. Now caught up with the famous pair – and sausage dog Gigi – at their very plush B&B The Salutation in Kent. Crunchy gravel driveway, ornate wooden doors, a gold bell on the reception desk – even the loo roll ends are folded into a fancy point. Oh, how the other half live! But Steph, 49, and Dom, 51, who have two children aged 12 and 15, protest they're not 'posh' at all...

Hi Steph and Dom! Would you say you're actually posh?

DOM: We think we're normal Kentish people. I don't like the word posh. It's rather derogatory.

Have you met any of Royals?

D: Well, we met Prince Andrew. He was charming – lovely.

S: Oh, I thought you were going with Princess Anne.

D: We're big Royalists – they're the best thing us Brits have got going for us. Great bunch.

So how did you two meet?

S: It was love at second sight funnily enough, but at the second sighting, we didn't realise that we'd had the first sighting.

D: Yeah, we had a blind date 10 years after we first met.

S: We first met in the New Forest when I rented a property Dom was managing for its owners. I thought he was rather yummy at the time but he had someone and I had someone. I never forgot him

and 10 years later, there you go.

Do you have date nights?

S: Gogglebox has been our date night for the last couple of years. To have the luxury of being able to sit on this sofa watching the telly, door shut, phone off – it's been a Brucie bonus for us.

As huge telly fans, are there any shows you can't stand?

S: What were we talking about the other day? Made In Chelsea, Made In Essex – those things. Literally, utterly can't bear it.

D: I was watching about 15 minutes of it with my daughter, and I thought: 'It's rubbish!' I'm not one for hospital shit either – blood, guts and gore.

So not Embarrassing Bodies?

D: Not a big fan of that.

S: Why would you go on national telly and show the world your massive bollock?

Are your children – who are at boarding school – embarrassed that you're on TV?

S: I don't think they care much.

What type of parents are you?

S: I let my daughter watch The Inbetweeners – I'm amazing.

You're famous for your love of a tippie, but have you ever had any drunken fallouts?

S: Dom locked me out in the garden once and left the building.

D: I was obviously not happy about something. It seemed like a good idea at the time.

What's the worst thing you've done when you're drunk?

S: Fall off the bloody sofa, frankly.

D: We don't strip off in public.

S: Once I went for supper and the host wore white socks with shoes.

I got hammered, took off his socks and threw them in his fire.

Wow! What's your fave tippie?

D: It depends on the time of day.

S: On the plane I like a Bloody Mary, on holiday in a bar it would be Long Island Iced Tea and I've suddenly got into espresso martinis. Holy moly, I love them.

Are any of your friends teetotal?

D: [Huge pause] Evidently not.

S: I don't think so. Your ex was teetotal, wasn't she, Dom?

D: Not originally, but I probably drove her to sobriety.

S: One of our friends is teetotal for health reasons. We don't see him much. If someone asks for water, normally I'll ask them to leave.

Your B&B's beautiful. Have you had any famous guests?

D: Meryl Streep.

Wow! What's she like?

S: Divine.

D: Absolutely charming.

S: She's a very slight, small lady – a little wee woman.

Tell us why you've written your guide to life...

S: So many people come to stay and they'll say: 'Oh my God my favourite quote was this.' They were all so different.

D: We seem to have some very funny stories, slightly unusual things that have happened.

Have you given out copies to your friends?

D: No! They can buy them like everybody else [laughs].

Steph And Dom's Guide To Life is out on 24 September (£14.99, Coronet). Catch them at the Radio Times Festival at Hampton Court, London, on 26 September

Another
Now
exclusive

The Salutation in Kent

STEPH
'IF SOMEONE ASKS FOR WATER, I'LL ASK THEM TO LEAVE'

GOGGLEBOX'S STEPH AND DOM

'We have a teetotal friend but we don't see him'



If we really did live our lives like Steph and Dom... what would happen?

- D:** I'd lift the smoking ban – I think that should be by choice, not by law.
- S:** There should be a Steph and Dom day.
- D:** I think I'd also stop weekend trading.
- S:** Jeez, I wouldn't. I'd extend it!
- D:** Probably drop the tax on booze and fags as well – too much tax on both of them.
- S:** I'd make sure that old people couldn't drive after a certain point.
- That's it. Hand over your keys, you can't drive any more.

total friend... m much!'

THE
BIG
INTERVIEW

Steph and Dom talk date nights, drunken fallouts and love at second sight

11 things you didn't know about

Gwen Stefani

‘Everyone knows marriage is hard’

She's split from hubby Gavin but you can't keep Gwen down

She's a true Cali girl

Born in Fullerton, California, on 3 October 1969, Gwen was named after a stewardess in Arthur Hailey's 1968 novel *Airplane*.

Class act

Gwen was diagnosed with dyslexia as a child. Difficulties with reading and writing meant she found school challenging and had to repeat a year.

Family affair

Gwen, now 45, is the second of four children. Her older brother Eric set up the band No Doubt, playing keyboards, and asked Gwen to sing backing vocals in 1986. She became lead singer when original singer John Spence committed suicide. Eric left No Doubt in 1994

to work as an animator on *The Simpsons*.

Sweet start

Gwen's first job was serving ice cream at a Dairy Queen in Anaheim.

Weight battles

She's always struggled with her weight. In high school she joined the swim team



She joined the school swim team to keep her weight down



She was a popular high school pupil in 1987





On stage with ex Tony and the rest of the band in 2014



Enjoying family time with husband Gavin Rossdale and their sons in 2012



With her parents Patti and Dennis



The No Doubt line-up since 1997: Tony Kanal, Tom Dumont, Gwen and Adrian Young

to try to lose weight and has admitted that she's been on a diet since sixth grade. Speaking about how she maintains her body, she's said: 'It's an ongoing battle and it's a nightmare. But I like clothes too much and I always wanted to wear the outfits I'd make.'

Slow start in music

After signing to Interscope Records in 1991, No Doubt's self-titled first album was released in 1992 without success. The band self-released second album *The Beacon Street Collection* in 1995. But it was third album *Tragic Kingdom*, released the same year, that catapulted them to fame.

Rocky romance

The album's first hit *Don't Speak* was inspired by Gwen's break-up

with band member Tony Kanal, whom she dated for seven years. Performing the hit track alongside his ex-girlfriend was difficult for Tony, who's since said: 'We were on tour with *Tragic Kingdom* for 28 months. We were going through the break-up and in every interview we were talking about it, so we were opening this wound on an hourly basis. It was so brutal I don't know how we made it through.'

Hitting the big time

Gwen took time out from her studies at California State University to tour with the band following the release of *Tragic Kingdom*. She thought they'd be gone for two months,

but the tour ended up lasting two and a half years.

Needless to say she never went back!

Marriage and kids

She met her future husband Gavin Rossdale in 1995 when the band supported his band *Bush*. The on-off romance was rocky and the pair spent considerable time apart, but they finally wed on 14 September 2002 in London with a second wedding in Los Angeles two weeks later. Gwen said her marriage was 'her biggest

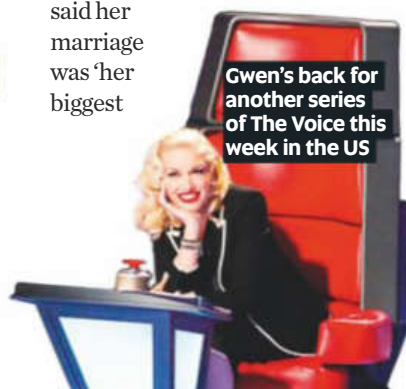
accomplishment', adding: 'Because it's hard, everyone knows it's hard'. In 2004 the couple's relationship was rocked when a paternity test revealed model Daisy Lowe was his daughter – he'd previously had a relationship with Daisy's mum Pearl. Sadly Gwen and Gavin's marriage wasn't to last and they announced their divorce last month, citing 'irreconcilable differences'. They have three sons together: Kingston, nine, Zuma, seven, and Apollo, 19 months.

On-screen queen

Before she joined *The Voice US* as a judge in 2014, Gwen had appeared in film *Zoolander* and hit TV shows *Dawson's Creek* and *Gossip Girl*.

Philanthropic

In 2011 Gwen donated £650,000 to *Save The Children* following the earthquake in Tohoku, Japan.



Gwen's back for another series of *The Voice* this week in the US

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WUGBY WAGS

Sports fan or not, Now's real-life rugby guide has it all. Head to nowmagazine.co.uk and click on ‘7 Stylish Ways To Blag The Rugby World Cup’ for more tips, tricks and shots of Chris Robshaw. Ah come on, like we could ever tire of ogling him.



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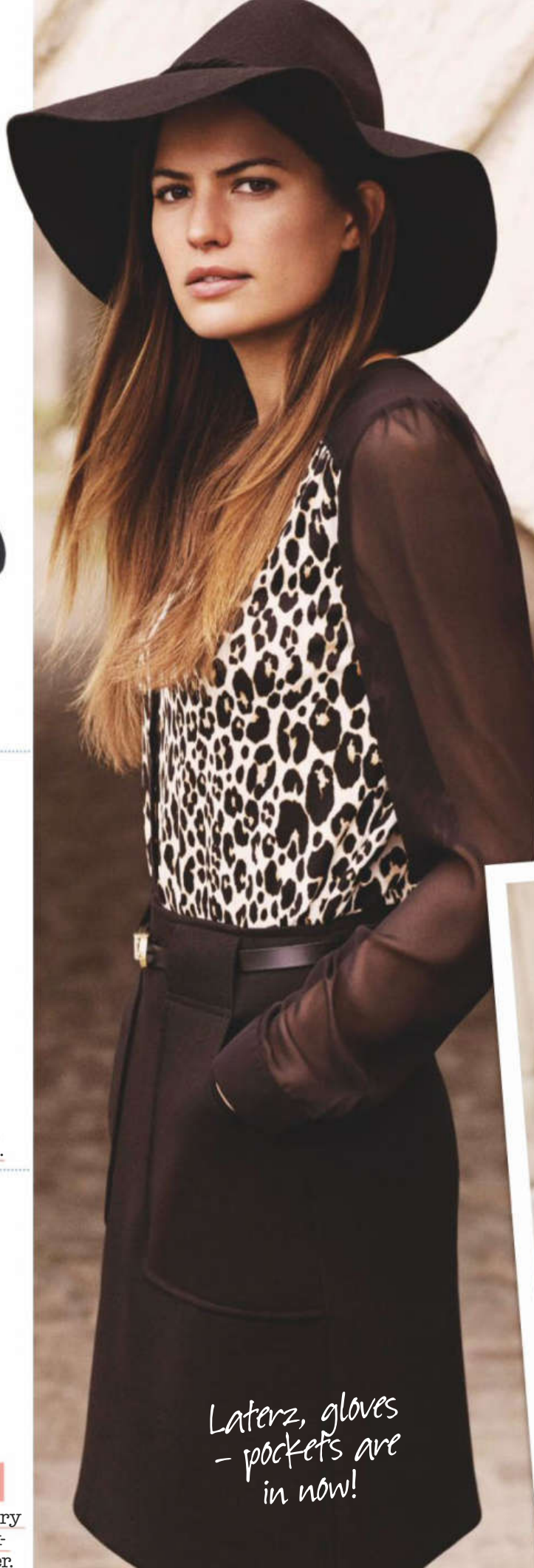
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Statement jumper

Thanks to Burberry, embroidery has gone *big time*. Get catwalk-approved in this swish sweater.



Laterz, gloves
- pockets are
in now!

TOP **£28**
SKIRT **£24**
HAT **£22**
BELT **£12**



COAT **£60**

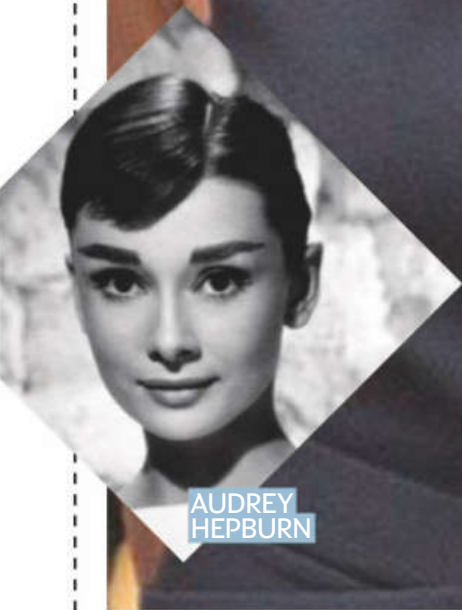


TOP **£32**
SKIRT **£30**

VICTORIA BECKHAM



It's official: Posh has put the fash into fringes!



AUDREY HEPBURN



Kate, Duchess Of Cambridge, has a 'gringe'

Find FRI

After Posh and Kate caused a fringe

The fash fringe

You're... Chic but shy

Your muse: VB + K-Mid

Also known as the 'ahh, shaddup' fringe. You love a new look but hate attention. This fringe has been a total of 15 months in the making and you've been planning it with Monica-from-Friends levels of precision. Well, congratulations – thanks to that humblest of celebrities Vicky B there's never been a better time to have a go. Kérastase ambassador James Galvin says: 'If you're going to cut a fringe, the best time to do it is right after the summer, just as we're heading into autumn.'



JAMES GALVIN

EXPERT TIP: Celebrity hairstylist Leo Bancroft says: 'If you're a bit of a commitment-phobe, ask for a long, soft fringe that you can sweep to one side when you're not in the mood for it.'

TIP: Still unsure? Before taking the plunge, make like K-Middy and start with a 'side-bang' to ease yourself in.

The shouty fringe

You're... LIVING LIFE IN CAPS LOCK!

Your muse: Lily Allen

You rock your style loud and proud and when it comes to fringes you may as well wear a neon light that barks: 'Cooee, look at me'. Otherwise known as break-up bangs, this is a FIERCESOME fringe.

Celebrity hairdresser and co-founder of Lockonego Jonathan Long says: 'Chunky

fringes work if you have the confidence to pull them off.'

James Galvin adds: 'The hacked-up short bang is my favourite – it allows you to have a heavy fringe but keep softness and texture in the ends. It works best on oval faces, but puts out an even sassier message if you have a square face. Apply a little Shu Uemura Art Of Hair Fiber Lift Gel [£22] to ends to sculpt and shape it.'



£12.65
REDKEN QUICK DRY 18 INSTANT FINISHING HAIRSPRAY

EXPERT TIP:

Leo Bancroft says: 'This style is a minor makeover with maximum impact. A good hairspray is key. I always use Redken Quick Dry Hairspray on my clients.'

CELEB QUOTE:

Lily says: 'I love switching up my fringe. It's just a bit of a LOL really.'



LILY ALLEN

Your NGE

What your 'do
says about YOU...

frenzy, could you be tempted? Read on...

The cringe fringe

You're...

Embarrassed 98.9 per cent of the time

Your muse: Claudia Winkleman

'Oh gahhhhd, why is everyone banging on about my bangs?' you may hurumpf. The thing is, Ms Curtains, everything you touch seems to turn to cool – whether you like it or not... in fact, you're probably hiding behind your fringe this very second.

Hide all you like, dear reader, but you'll only make full curtain fringes cool again, too.

EXPERT TIP: Leo says: 'You love some shape around your face, but there are days you just want to put your hair up and get out the door.'

Ask for a "gringe" [see Kate, left]

– a grown-out-fringe that can be styled or pulled back into an up-do.'



LEO BANCROFT



CLAUDIA WINKLEMAN

CLAUDIA'S LOW-MAINTENANCE TIP:

'I get my hair cut every four to five months. I only wash it twice a week – my magical conditioner keeps it glossy, not greasy. Don't blow-dry it, just leave it be!'

ZOOEY DESCHANEL



BEYONCE



TAYLOR SWIFT



What a difference a 'do makes...



THE FOOLPROOF TOOL KIT

Four products so game-changing you'd marry them if it wasn't frowned upon

1 DRY SHAMPOO

Spray your fringe from underneath to keep it from sticking to your forehead. It'll give it a bonus boost too. Leo Bancroft says: 'Redken Pillow Proof Two Day Extender will be your FBF [fringe best friend] and absorb any oiliness, keeping your hair looking fresh.'

2 SLEEP-IN VELCRO ROLLER

Bag extra bounce and add shape to your 'do while you sleep.

3 TEXTURISER

As sexy as it sounds. For an Audrey Hepburn-style pixie fringe, pull out strands of your bangs using a product like Schwarzkopf Got2b Matt Paste.

4 SERUM

'This is perfect for a low-maintenance style. Keep in your handbag and use as and when to tame any flyaways on the go,' says James Galvin.

£16.30
REDKEN
PILLOW PROOF
TWO DAY
EXTENDER

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SALLYEXPRESS.COM

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GOT2B BEACH MATT
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BLENDING FOR SMOOTH, SLEEK HAIR
INFUSED WITH ARGAN OIL & JASMINE EXTRACT

Now
Glam
CAM

#StyleOnTrial

Want a commitment-free fringe? See Now's Glam Squad test wig fringes at nowmagazine.co.uk/fashion-news

How to have a good 'winge'



Tatiana Hair Extensions – of which Lydia Bright is a superfan – tells Now how to wear wig fringes...

- 1 Clip-in fringes usually have three slides. Start by parting the hair at the crown, making space for the top slide to be clipped onto the hair.
- 2 Comb your own hair over so the wefts don't show.
- 3 Attach the other slides to fix the clip-in fringe firmly in place.
- 4 To reduce the thickness of your new 'do, pin back the longer pieces with extra grips.



News reporter **Lucretia Munro**, 36, tried the **HotHair Fringe With Wisps in Ebony**, £30. 'This was easy to apply and surprisingly it suited me. Everyone in the office complimented me. I'd definitely consider wearing it again.'



Junior Style Content Writer **Sarah Bradbury**, 25, tried the **Strip Fit**, from £150, tatianahairextensions.co.uk. 'I want a fringe every time I watch *New Girl* (blame ZooeY), but if it means you can't see my brows? Then it's a no from me.'



Style Content Director **Gilly Ferguson**, 32, tried the **Triangle Fit fringe**, from £150, tatianahairextensions.co.uk. 'This looks much more natural than the strip. For a commitment-free new look, it's genius.'

ALREADY FRINGED?

Here are 14 things only you will know...

1 Everyone will be jealous of your bangs. Bask in it – you have both a banging fringe and bigger balls than them. Metaphorically speaking.

13 Got a spot? Feeling shy? Your fringe is your new BFF. Think of it as a curtain for life. Simply close it and settle in.

19 When fringes throw their toys out of the pram, you'll want to shave your head and call yourself Mr Potato Head.

4 Blow-dry it too vigorously and you'll get Lego head.

11 When your fringe is good, it's really good. That massive pimple? Who cares! Just being dumped? So what! If your bangs are banging, nothing else matters.

7 There's a very good chance that Ricky Martin's She Bangs has been in your head ever since you read point 1. Us too. Sorry about that.

8 Toni & Guy offers free fringe trims. Fringe trims will be something you talk about ALL the time.

6 Your fringe may become more famous than you. This is what happened to everyone's favourite fringe, the Claudia Winkleman. The only way to bag attention now is to SCARE THE CRAP OUT OF PEOPLE AND PIN IT BACK once every couple of months.

10 You'll need to invest in a travel dry shampoo. Fringes get oily every 3½ hours-ish. Leave it much longer and you'll be greasier than Peter Andre's Mysterious Girl days.

2 At some stage you will look like Nick Carter from the Backstreet Boys. This is both good and bad.

14 ZooeY Deschanel is your hero. She basically made bangs (that's American for a fringe, obvs old chap).

9 Rain is your mortal enemy.

5 It will add at least seven minutes to your getting-ready routine.

3 Don't blow-dry it enough and you'll look like Jim Carrey in *Dumb & Dumber*.

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¹Average symptom improvement over 6 weeks, when compared to Hydrocortisone 1% in petrolatum-cetomacrogol and ²emollients containing unguentum leniens.

³Experience based survey of 93 pharmacy professionals, August 2015.

GET READY WITH *Rochelle* FROM £3!

Mrs Humes shares tips and tricks from her bulging beauty bag



Ever wanted to delve into the beauty bag of an A-lister? You got it! Xtra Factor host Rochelle Humes, 26, spills the beans on her fave products. And while she may look a million dollars, her beauty regime doesn't cost it, with hero products starting from just £3! You can take the girl out of Essex...

your beauty regime?

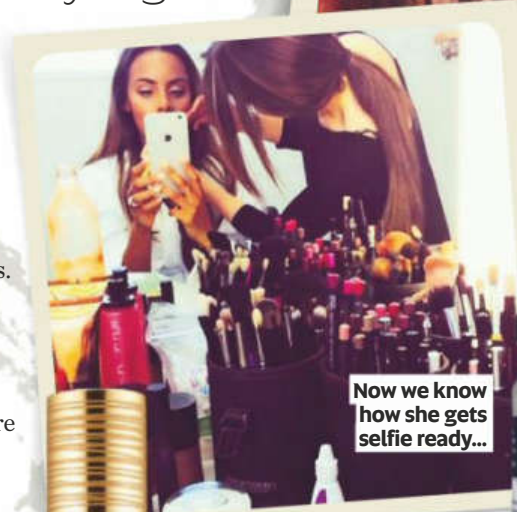
In the summer you can go lighter with the make-up – I like going a bit softer and showing my freckles! But I always get excited about autumn as I can go heavier with eyeliner and darker lips.

What beauty products do you always have in your handbag?

I don't go anywhere without Sisley lip balm – it's unbelievable. I just use a little lip liner and smooth it over the top to keep my lips glossy and hydrated. I always carry a bottle of perfume, too – at the moment I love Estée Lauder Bronze Goddess.

We're besotted with your barnet! What's your secret?

My hair suffers from a lot of heat damage, so I use lots of treatments. This summer I used Philip Kingsley Elasticizer on holiday while I was sat by the pool, but it's also a luxurious,



Now we know how she gets selfie ready...



£47
ESTÉE LAUDER
BRONZE GODDESS EAU
FRAÎCHE
SKINCARE
EDT, 100ML



£44
SISLEY CONFORT
EXTREME
LEVRES LIP BALM



£29
PHILIP
KINGSLEY
ELASTICIZER

pampering treatment for winter, too.

What's your wonder beauty product?

Coconut oil. I use it as a moisturiser, hair treatment and make-up remover and it's also a natural antiseptic, so it's great as a spot treatment.



£9
NEAL'S YARD
REMEDIES
ORGANIC VIRGIN
COCONUT OIL



£3.19
JOHNSON'S FACE CARE
MAKEUP BE GONE
EXTRA-SENSITIVE
WIPES

What's your bargain beauty hack?

Face wipes all the way! They're great for taking make-up off quickly, especially if I've been filming late. I love the feeling of tying my hair up and having fresh, clean skin before bed.



Rule-breaker
Rochelle
loves a
face wipe

Gah! Look at her beauty haul!



£32
MAKEUP BY
HD BROWS
FLUID
FOUNDATION
IN NUTMEG

As a busy working mum, what's your hero buy that always makes you look as if you've

had a full night's sleep?

I swear by HD Brows foundation. It's light, so it doesn't cake my skin, and delivers a dewy glow in an instant. It always sorts me out on bad skin days.

As we're heading into autumn, will you be changing

Some kids have to be braver than others

Around ten young people are diagnosed with cancer every day in the UK. That's ten more facing months of gruelling treatment. They'll have to be braver than they've ever been before, but with your help we can make those treatments kinder. With your help we can find cures sooner. With your help, kids can really be kids again.

Donate **£3** and help fund research into childhood cancers.

Text "BRAVE3" to 70200.



LET'S BEAT CHILDHOOD CANCERS SOONER.

cruk.org/kidsandteens

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**CANCER
RESEARCH UK
KIDS & TEENS**



Text costs £3 plus 1 standard rate text. CRUK receives £2.93. UK mobiles, 16+ only. Ts&Cs at www.cruk.org/text. We'd like to contact you to tell you more about our work. If you'd rather we didn't, please add NOINFO to your text. Queries? Call 0300 1231861. Registered charity numbers 1089464, SC041666 & 1103. Registered address: Angel Building, 407 St John Street, London EC1V 4AD. 'Around ten young people' statistic is based on the annual number of cases of cancer (ICD-10 C00-C97 excluding C44) diagnosed in kids, teenagers and young adults aged 0 to 24 years in the UK between 2009-2011.

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LANOLIPS 101
OINTMENT

Made from the wax found in sheep's wool, this melts into lips for instant dry skin relief.

This all-organic cream has a huge cult following. Cara Delevingne says: 'It's great for dry skin. I can't go through Fashion Week without it.'

£29
EGYPTIAN MAGIC
ALL PURPOSE
SKIN CREAM

Top 3 RECIPE BOXES

Making mealtimes as pure as can be



Hello Fresh (three meals, £39 for two people, hellofresh.co.uk). This helped us to discover new quick and healthy meals with sustainable-sourced produce. Dinnertime never felt so saintly.



Abel & Cole (three meals, £39 for two people, ableandcole.co.uk). These delightfully light boxes are all you need for a balanced diet. With all meals under 400 calories, it's great for weight loss.



Mindful Chef (three meals, £42 for two, mindfulchef.com). Catering also for singletons, these gluten-free meals are delicious. Plus we had enough left over for lunch the next day!

The ASDA logo is displayed in white on a bright green, textured background that resembles a tag with stitching details.

Save money.
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Simply empty the bag and
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Moroccan pork



Tandoori chicken



American BBQ
pulled pork

£6 each - serves 4

Selected stores. Available while stocks last. Asda Butcher's Selection Simply Slow Cook: Moroccan Boneless Pork Joint 1415g (£4.24 per kg), American BBQ Pulled Pork 1320g (£4.55 per kg), Tandoori Chicken Bone-in Chicken Joint 1430g (£4.20 per kg). Online minimum spend will apply and delivery charges may apply. Mobile network charges may apply. Photography shows serving suggestion.

In-store | Online | Mobile

You & Improved Oh.My.Bod.

Singer **Kimberley Walsh**, 33,

shares her top-to-toe health secrets

'I work out when my son's asleep'

HEIGHT: 5FT 5IN
SIZE: 10-12

What's your favourite type of exercise?

I like doing weight training or light weights with cardio intervals. I'm not someone who enjoys long runs, so high-intensity interval training works well and it's great for toning, too.

How do you motivate yourself to work out?

I usually work out when Bobby [Kimberley's one-year-old son] is asleep. I feel I need to make the most of that time! I try to eat healthily as well, but when you do your own diet you're never going to be as strict as when you're following an actual diet, which is why SlimFast is so good.

Is there any body part that you struggle to keep in shape?

My legs. But the more training I do on them, the easier they are to maintain.

Do you have a guilty food pleasure?

Before I was pregnant I loved sweet stuff but now I'm more savoury. So I like chips or calamari. I love anything spicy, too.

What's your favourite tipple?

I'm not a big drinker but I do like the odd glass here and there. It depends on my day! Sometimes I swap one of my snacks for a glass of gin and tonic or wine.

Kimberley's the new face of SlimFast. Find out more at slimfast.co.uk

KIMBERLEY'S FOOD DIARY

Now's expert sports nutritionist **Ollie Frost** gives his verdict on her daily diet



Breakfast

Porridge or fruit and yogurt.

OLLIE SAYS

Porridge is high in dietary fibre, which helps fill you up, and high in slow-digesting carbs – perfect for long-lasting energy.



377 cals

Lunch

I tend to have a salad for lunch, but not a boring one!

OLLIE SAYS Salads don't have to be boring – pimp them up with nuts and seeds and homemade mustard and balsamic vinegar for taste. Include a source of protein such as chicken or fish to make you feel full.



412 cals

Dinner

I've started making chicken courgetti pasta using a spiraliser.

OLLIE SAYS Replacing grains with veg is a great way of being inventive. It makes sticking to a meal plan and cutting out refined sources of carbohydrates much easier.



412 cals

Snacks

I love the SlimFast Café Latte shake with ice.

OLLIE SAYS I'm not an advocate of replacing meals with shakes. Watch out, as some can be high in refined sugars and low in protein. Snack options should include fruit, nuts or chopped veg. Better to eat real food.



230 cals

TOTAL CALS 1,431 (GDA 2,000)

VERDICT Kimberley's diet is low in protein. To increase this, she could include whey protein in her porridge or have eggs at breakfast. Other options would be high-protein snacks such as biltong and nuts. Protein is proven to promote fat loss and repair muscle tissue.

Follow Ollie on Twitter @Ollie_Frost

Now PROMOTION

Sail the Med

Indulge in a fantastic holiday at family-friendly prices



5 reasons to book now

the time of their lives.

3) Foodies, get ready to indulge – you can dine out every night. There are seven restaurants to choose from, two of which are on the top deck for stunning views across the ocean.

4) Toast a family holiday you'll remember forever with an after-dinner cocktail at one of the Thomson Discovery's eight bars and lounges.

5) Fancy some time on dry land? Then try a Cruise & Stay holiday that gives you the best of both worlds with some time in a hotel either before or after your cruise.



1) If you book your cruise this September, you'll get a free all-inclusive drinks upgrade on any sailing next summer. So the drinks are on Thomson Cruises!

2) Holiday your way – do as much or as little as you like on board, spend time together as a family or do your own thing, knowing that the kids are having

Imagine a holiday where your every need is taken care of and you wake up to a different view every morning. Where you visit the crème de la crème of European cities – Rome, Barcelona, Lisbon or Florence – and soak up the sights, without all the fuss of packing and unpacking. Where the kids have so much to do you'll forget they ever got bored. It sounds like a daydream but it's exactly what's on offer from Thomson Cruises.

Its latest ship, Thomson Discovery, sets sail in summer 2016 from Palma, Mallorca, and here's why you should be on board.

The biggest in its fleet, the ship boasts first-class facilities and fabulous activities. There's a rock-climbing wall, an outdoor movie screen, a mini golf green, relaxing hot tubs, two pools, a gym and luxury spa.

Inside you'll find an elegant five-storey atrium and you'll enjoy the comfort of spacious rooms

that sleep up to seven people, including balcony cabins with incredible sea views.

Unlike many cruise lines, everything is included in the price, from flights to tips, so there's no need to worry about overspending. Plus, you can enjoy gourmet meals without set dining times or dress codes.

There's so much children's entertainment, the only problem will be what to do first. Kids' clubs for 3-11 year olds include arts

and crafts sessions, superhero-themed parties, treasure hunts, behind-the-scenes backstage tours and much more. Older kids can join the Showtime Stage School to learn the

tricks of the trade with acting, dancing and singing lessons*.

At the end of an action-packed day, kick back and enjoy a show at the Broadway Show Lounge, listen to a pianist or acoustic musicians or watch movies at the outdoor cinema under a starlit sky.

**ENJOY
SPACIOUS
ROOMS
WITH
FAB SEA
VIEWS**

FIND OUT MORE

For more information, please visit
www.thomson.co.uk/cruise

 **Thomson Cruises**

*Showtime Stage School costs extra – £35 per child for three 90-minute sessions

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1 February 2016 Norwich	3 March 2016 Leeds/Bradford
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7 February 2016 Southend	8 March 2016 Newcastle
8 February 2016 Bristol	9 March 2016 Edinburgh
	11 March 2016 Glasgow

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Terms and conditions: *the Northern Lights are a natural phenomena that cannot be guaranteed to occur during your flight, although they have been visible on many previous outings. Our guest astronomer advises at least an 80 per cent chance of a sighting. Offer operated and subject to the booking conditions of Omega Holidays, ATOL 6081, a company wholly independent of Now, published by Time Inc. (UK) Ltd.

Scopes

SATURDAY 26 SEPTEMBER-FRIDAY 2 OCTOBER

You & Improved



Your week ahead with **David Wells**



LAUREN POPE
turns 33 on
29 September

IF IT'S YOUR BIRTHDAY THIS WEEK...

This is a year of preparation for you, Libra, and you'll be spending time attending to your inner being – listening to your heart, if you like – to find out what's important for you. You're preparing for a grand adventure, so knowing what you want is crucial. Expect unique characters to enter your life, creative jobs to tempt you and lifestyle changes – even a move of house – to inspire you.

LIBRA 23 Sep-22 Oct

Mercury continues to bring delays, including the usual stuff with travel, but you can't afford to be late for a special one-on-one meeting. Crawl there if you have to, but do not miss this one.

A week of endings. Call for more.
UK: 0905 8171567* IRL: 1560 787907*

CAPRICORN 22 Dec-20 Jan

It's a big week for family – one where you may have to finally tell them what you're planning and how it will affect them. Tell them? Don't you mean *discuss* things with them?

Call to hear more about big plans.
UK: 0905 8171570* IRL: 1560 787910*

ARIES 21 Mar-20 Apr

Who turned the lights out? You did! You've said enough is enough and, as a personal lunar eclipse brings a pause, time away from a problem will help turn you on to something brighter.

New adventures? Call for more.
UK: 0905 8171561* IRL: 1560 787901*

CANCER 21 Jun-22 Jul

Creating opportunities is one thing, seizing the day another. Are you brave enough to say yes, then sort out the details, to aim for that goal even though circumstances aren't perfect?

Love chats get serious. Call me.
UK: 0905 8171564* IRL: 1560 787904*

SCORPIO 23 Oct-22 Nov

What other people think of you should be of no concern to you, as long as you're happy with the way things are going. Don't be talked into making changes just because others want them.

Call for more on money matters.
UK: 0905 8171568* IRL: 1560 787908*

AQUARIUS 21 Jan-19 Feb

There are no words to describe how you feel about the way a situation's been handled. Oh go on, find some! A work deal needs your appraisal – but do offer solutions as well as criticisms.

Love moves are made. Call me.
UK: 0905 8171571* IRL: 1560 787911*

TAURUS 21 Apr-21 May

There are some who think they know you well enough to fix up a date or recommend you for a job and they may be right. What may not seem like a good idea could be surprisingly beneficial.

Call for more on family success.
UK: 0905 8171562* IRL: 1560 787902*

LEO 23 Jul-22 Aug

You know you're not here for a long time, you're here for a good time. However, there may be some setbacks – plans change and that's annoying. But it's not necessarily a bad thing.

Call for more on last-minute luck.
UK: 0905 8171565* IRL: 1560 787905*

SAGITTARIUS 23 Nov-21 Dec

There could be conflict between you and someone close, but it's an air-clearing thing rather than a stormy moment – a chance to get rid of old baggage and welcome in the new.

New romance is fiery! Call me.
UK: 0905 8171569* IRL: 1560 787909*

PISCES 20 Feb-20 Mar

You're right to question whether someone's values sit well with yours and whether you want to remain friends. Knowing yourself is more important than who you're seen with.

Call for more on career boosts.
UK: 0905 8171572* IRL: 1560 787912*

GEMINI 22 May-20 Jun

With Mercury in reverse you may not want to step out into the dating world. But often that's when you find an equally cautious travelling companion. Over-thinkers unite!

Dissent in a group? Call me for more.
UK: 0905 8171563* IRL: 1560 787903*

VIRGO 23 Aug-22 Sep

You're often painted as a worrier but why not change that into *warrior* as you front up to what ails you? Sometimes people or circumstances force our hand and so it is this week.

Looking for love truths? Call me.
UK: 0905 8171566* IRL: 1560 787906*

*Calls cost 80p per minute (ROI €1.28) plus your telephone company's network access charge and last approx 4 mins. Users must be over 18. Weekly lines updated on Saturdays. For entertainment purposes only. SP/IP: Spoke (UK: 0333 202 3390/ROI: 01437 8815)

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The Fix

What'll get
your pulse
racing
this week

FILM

Tears for FEARS

Miss You Already

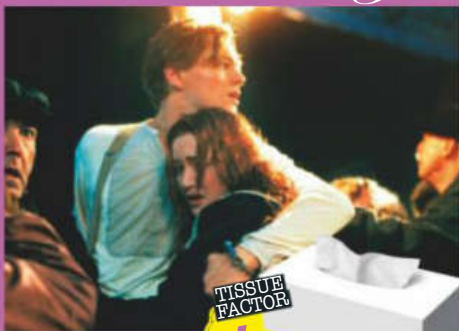
At cinemas 25
September

We've always got time for a chick flick and this is a good 'un. Jess and Milly have been BFFs since they were kids, but life's about to change for ever when Milly (Toni Collette) gets cancer and Jess (Drew Barrymore) gets pregnant. We wept buckets at this life-affirming, heart-wrenching film, which tells the story of the intricacies of best friends and those big bombshells that life sometimes drops.

Drew and Toni
play BFFs

HEY, crybaby!

we know you blubbed at these films. But just how much?



TISSUE
FACTOR

4/5

Titanic

It might be about five years long, but that just means your face is even more of a swollen, snotty mess by the end.



TISSUE
FACTOR

3/5

The Notebook

Yeah, we're mainly crying because we can't marry Ryan Gosling. Sigh. The undying love part of the story also gets us.



TISSUE
FACTOR

5/5

ET The Extra-Terrestrial

Our fave childhood movie (starring a baby Drew, too). In tears just thinking about it.

A quickie with...

BEN HANLIN

We catch up with the Brummie magician, 26. Tricked is back for a second series! Tell us about the show...

It's a bit of a wind-up. In the past I've smashed up mobile phones and I made boy band Blue think one of their members had died. It can be quite close to the bone. The new series is themed, so one episode focuses on movies and I re-create scenes from films. It's a total shock for the public!

Which celebrity guests do you have on the show this time?

Gemma Collins and Bobby Norris from TOWIE. Gemma's reaction is hilarious – she thinks she's about to get eaten by a bear. For anyone who saw her in the jungle, she was pretty much scared of a fly, so anything bigger than that, well... I thought I might have gone too far with her, her reaction was that extreme. We're good friends in real life and I was worried I'd ruined that – but it's all OK!

What did you do to Bobby?

You'll have to watch. But I made him think he'd knocked me off Brighton Pier and killed me!

Do you watch TOWIE?

I do. Bobby is very entertaining. I want some of his swimwear.



Do you get bored of people asking you to do tricks?

It's the go-to thing, isn't it? If you're a doctor, people say: 'Please can you have a look at this?' I can't really get annoyed about it, but sometimes I do just want to have a pint without having to do a trick.

How did you get into magic?

To chat up girls at school. Girls were quite scary but it was a bit easier with a few tricks up my sleeves. Then the teachers would yell at me for disrupting class.

So did it help you to pull girls?

Well, I'm married now, so yes, I think it did. My wife was way more interested because I could do tricks. I used to do magic at TGI Fridays and she used to come in with her mates. I think I wore her down with my magic!

Tricked returns to ITV2 at 9pm on 6 October

APOCALYPSE NOW



You, Me and the Apocalypse Sky1, 9pm, 30 September

Check out this new comedy, all about the last days of the human race. Gulp. Slough bank manager Jamie (Mathew Baynton) is arrested for cyber terrorism,

while in the US librarian Rhonda (Jenna Fischer) is arrested for a crime she didn't commit. But a comet's about to hit Earth and these characters' lives will soon collide. Also stars Pauline Quirke and Rob Lowe. Random!

THE HOT SPOT

What makes us sizzle or leaves us cold

SO NOW

Strictly Come Dancing BBC1, 9pm, 25 September
Get set for sequins and (hopefully) a topless Peter Andre!

Bring The Noise Sky 1, starts this autumn
With Ricky Wilson as host, Tinie Tempah and Nicole Scherzinger as team captains and Katherine Ryan as a regular panellist, prepare for laughs.

Writing's On The Wall by Sam Smith
His song for Bond movie Spectre is released on 23 October. Excited!

Chicago Rib Shack (thechicagoribshack.co.uk)
Nowhere does ribs better – but they're just sooo messy. Wet wipes a must!

Selfie flashing
From Caroline Flack to Michelle Keegan, celebs keep accidentally flashing us on Instagram. Guys, don't you check before you post?

Flasher Flack strikes again!

TV

TV

SO NEVER

Now OFFERS



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Chilling IN

Murder Book: Snake In The Grass

Pick, 9pm, 30 September

We can't resist a real-life murder investigation. This series revisits cases that had a breakthrough thanks to new police techniques. In this episode US detectives reopen case of the disappearance of newlyweds Gail and Rick Brink.

TV

Sex, Lies And Online Affairs

TLC, 10pm, 29 September

After the Ashley Madison hacking scandal, this show looks at how the internet is changing relationships, talking to experts like lawyer Georgina Hambling (right). Prepare to get a bit paranoid about your boyfriend's internet browsing history...



TV

TV



The Daily Mirror Pride Of Britain Awards 2015

ITV, 8pm, 1 October

Carol Vorderman presents the star-studded ceremony, which celebrates extraordinary people from across the UK. Get ready to shed a tear over some truly astounding stories.

TV



DASH Dolls

E!, 10pm, 27 September

Someone's got to staff the Kardashians' chain of shops – but we're darn well glad it isn't us. Instead, we get to gawp at the staff who do. With Kim Kardashian threatening to drop in for a visit at any second, things could get tense...

Chilling OUT



FILM

Life

At cinemas 25 September

Oh, R-Pattz, how you smoulder so! The man with the chiselled face stars in this 50s-set drama as a photographer assigned to take pics of Hollywood icon James Dean. Tough job.

Captive

At cinemas 25 September

You'll bite your fingernails down to the quick at this chilling film. Ashley (Kate Mara) is taken hostage in her flat by a criminal on the run (David Oyelowo) – but there are deeper emotions at play.



FILM



SHOW

The Cake & Bake Show

London, Manchester and Edinburgh, from 2 October

(thecakeandbakeshow.co.uk)

Let them eat cake. No, really! Catch Lisa Faulkner, Gregg Wallace and Great British Bake Off contestants in this celebration of all things cakey.

Sleeping Beauty

Nationwide, from

17 October (new-

adventures.net/

sleeping-beauty)

We love us a ballet and Matthew Bourne's gothic romance is magical. It runs until Christmas – perfect to get you into the festive spirit.



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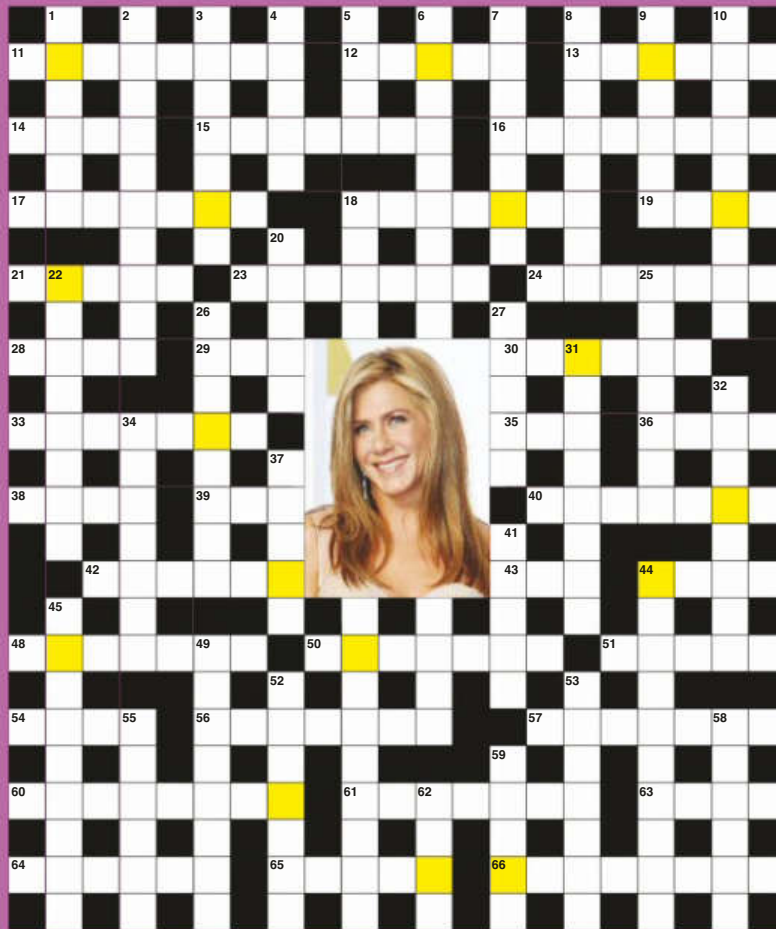
Fill in the answers in the grid below and the letters in the yellow squares will spell out the answer to this bonus question: Jennifer Aniston has said she sometimes wishes she could move to Italy and do what?

ACROSS

- 11 Car safety strap (8)
- 12 Time off from work or the army (5)
- 13 Sofa (6)
- 14 Point of entry (4)
- 15 Operating room (7)
- 16 Widespread outbreak of disease (8)
- 17 Muscles at the back of the upper arm (7)
- 18 Famous waterfalls in the Great Lakes (7)
- 19 Ship's vertical pole (4)
- 21 Backless chair (5)
- 23 Knife used in a 15 Across (7)
- 24 Writing implements (7)
- 28 In the centre of (4)
- 29 2,240 lb (3)
- 30 Ancient counting aid (6)
- 33 Rules of language (7)
- 35 Rubbish heap (3)
- 36 Crab's front leg (4)
- 38 Large extinct bird (4)
- 39 Brewed drink (3)
- 40 Necklace of flowers (7)
- 42 Even-tempered (6)
- 43 Rock dug for its mineral content (3)
- 44 Give off light (4)
- 48 Green salad ingredient (7)
- 50 Blue-veined English cheese (7)
- 51 Put pen to paper (5)
- 54 Enthusiastically eager (4)
- 56 Old object of value (7)
- 57 Vehicles on the road (7)
- 60 Mild naughtiness (8)
- 61 Facial feature raised to show surprise (7)
- 63 Coloured part of eye (4)
- 64 Period of 10 years (6)
- 65 Surplus (5)
- 66 Bermuda - - -, sea area of many mysterious disappearances (8)

DOWN

- 1 Consume ravenously (6)
- 2 Sky feature threatening a torrential downpour (5,5)
- 3 Metaphoric term for
- 4 Mild or stainless metal (5)
- 5 Slightly lower pitched note than a natural (4)
- 6 Janitor (9)
- 7 Old soldier (7)
- 8 Evaluate roughly (8)
- 9 Small watercourse (6)
- 10 Strip of land jutting out into the sea (9)
- 18 River that runs from Lake Victoria to the Mediterranean (4)
- 20 Buttered cake often eaten in a cream
- 39 Across (5)
- 22 Two days after



- bureaucracy (3,4)
- 4 Mild or stainless metal (5)
- 5 Slightly lower pitched note than a natural (4)
- 6 Janitor (9)
- 7 Old soldier (7)
- 8 Evaluate roughly (8)
- 9 Small watercourse (6)
- 10 Strip of land jutting out into the sea (9)
- 18 River that runs from Lake Victoria to the Mediterranean (4)
- 20 Buttered cake often eaten in a cream
- 39 Across (5)
- 22 Two days after

- yesterday (8)
- 25 Local governing authority (7)
- 26 Ocean between Europe and America (8)
- 27 Celebratory get-together (5)
- 31 List of letters in order (8)
- 32 Waterproof donned after seeing 2 Down (8)
- 34 Illuminated by the sky object (7)
- 37 Tin containing 39 Across (5)
- 41 Engine (5)
- 44 Female

- sweetheart (10)
- 45 Broadcast on the box (9)
- 46 Rules for social courtesy and decorum (9)
- 47 This, for instance (4)
- 49 Reeded woodwind instrument (8)
- 52 Crammed full (7)
- 53 Member of the junior section of the Girl Guides (7)
- 55 Drink of the gods (6)
- 58 Frozen spike in cold weather (6)
- 59 Head on a beer (5)
- 62 Academic test (4)

ANSWERS

ACROSS 11 Seatbelt 12 Leave 13 Settee 14 Door 15 Theatre 16 Epidemic 17 Triceps 18 Niagara 19 Mast 21 Stool 23 Scalpel 24 Pencils 28 Amird 29 Ton 30 Abacus 33 Grammar 35 Tiff 36 Clay 38 Dodo 39 Tea 40 Garland 42 Plaid 43 Ore 44 Glow 48 Lettuce 50 Stilton 51 Write 54 Aegean 56 Antivirus 57 Traffic 60 Mischief 61 Tires 64 Decade 65 Extra 66 Triangle

DOWN 1 Devour 2 Storm cloud 3 Red tape 4 Steeple 5 Flat 6 Caretaker 7 Veteran 8 Estimate 9 Stream 10 Peninsula 18 Nile 20 Score 22 Tomorrow 25 Council 26 Atlantic 27 Party 31 Alphabet 32 Raincoat 34 Moonlit 37 Caddy 41 Motor 44 Cliffhanger 45 Televised 46 Etiquette 47 Clive 49 Clarinet 52 Stuffed 53 Brownie 55 Nectar 58 Iccicle 59 Froth 62 Exam

Photos: Rex

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1992

NOW

Whatever happened to....?

Emma Forbes

Having 'brilliant fun' with Andi Peters on *Live & Kicking*

The *Live & Kicking* presenter?

Yes, who could forget telly totty turned super-MILF Emma Forbes? She was Saturday morning kids' TV gold in the 90s, hosting a cookery slot on *Going Live!* then co-presenting *Live & Kicking* with Andi Peters from 1993 to 1996. She described her time on the show as 'brilliant fun from start to finish'.

Aren't her parents famous too?

Emma comes from a showbiz dynasty. Her mum is actress Nanette Newman, now 81, who starred in 70s films *The Stepford Wives* and *International Velvet*,

both of which were directed by Emma's dad Bryan Forbes, who died in 2013. Her godfather was late acting legend Richard Attenborough.

What did Emma do after kids TV?

She still worked on TV loads. Emma hosted *Speakeasy*, the first ever teen problem show for ITV, and the quiz show *What's My Line?* from 1994 to 1997. She's also had a successful radio career, appearing on Heart, Capital and Radio 2. She's now a coach running workshops for children aged 11-18 about speaking with 'authenticity.' Rocking a signature crop like no other, Emma was even voted No 64 in the FHM 100 Sexiest Women Poll in 1996.

So why do we love her?

Now 50, she's still rocking a banging bikini bod and is the face of Sheer Cover cosmetics. In 2006, Emma said: 'Everybody says life begins at 40, but I didn't like it. It's too depressing. Life's much better now I'm 41.'



In the 90s she was the face of a TV advert for Head & Shoulders shampoo.

Where is she now?

Living in the lap of luxury with her banker husband Graham Clempson. Married for 28 years, their four-storey house is reportedly worth £27 million, with five king-size bedrooms, five bathrooms, an underground pool, a gym and a car lift. The couple have two children, Lily, 18, and Sam, 16. Emma says: 'All my happiest times and memories are with my kids and husband.' Aww.

If you want to hear about or have seen a once-famous celeb – or you *are* a once-famous celeb! – get in touch at nowmagletters@timeinc.com

Co-hosting *Talking Telephone Numbers* with Phillip Schofield in 1994



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